

SPRING '88: ISSUE #22

Common Ground

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Five Freedoms

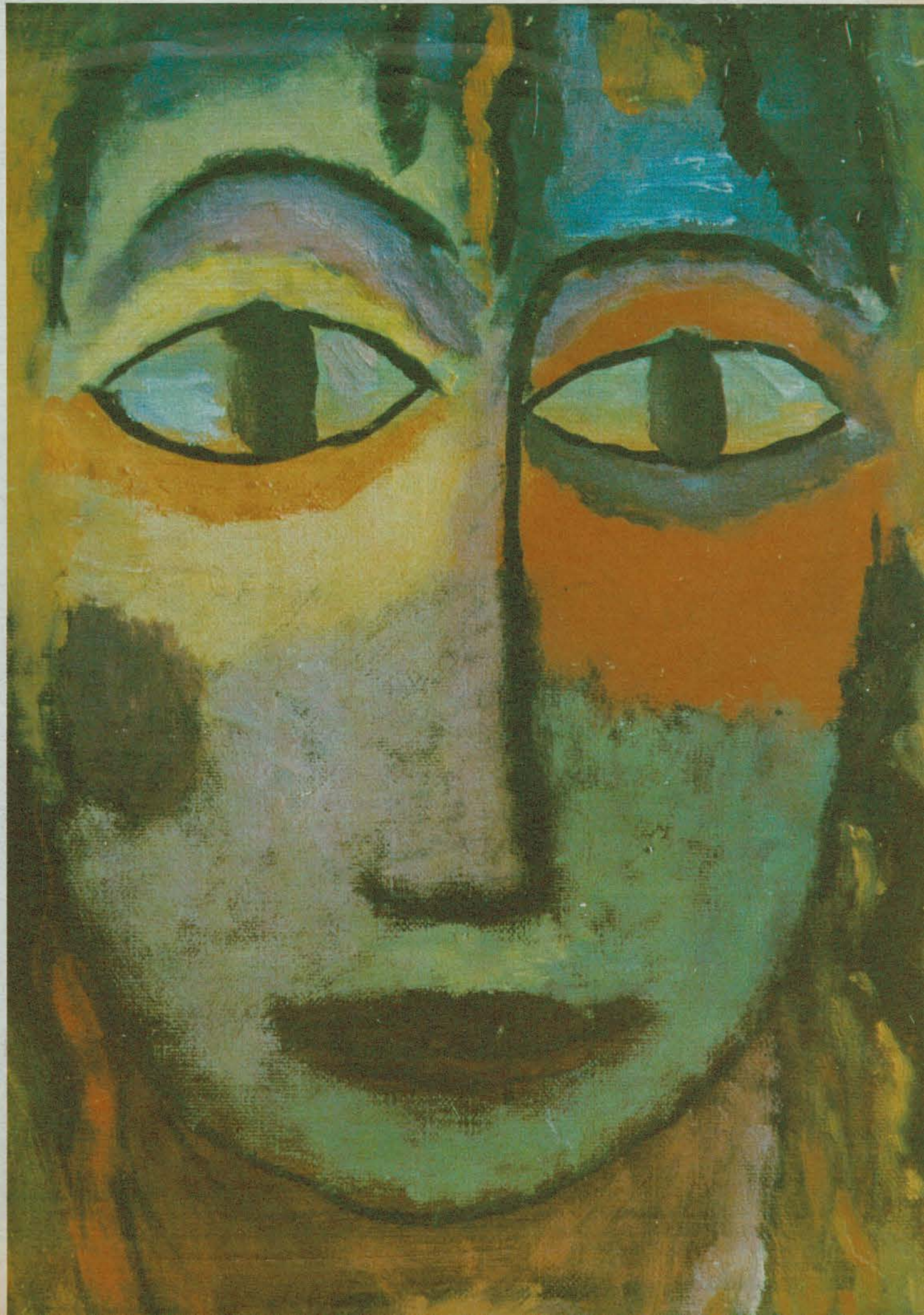
**CULTURE IS
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Reclaiming Native
Spirituality

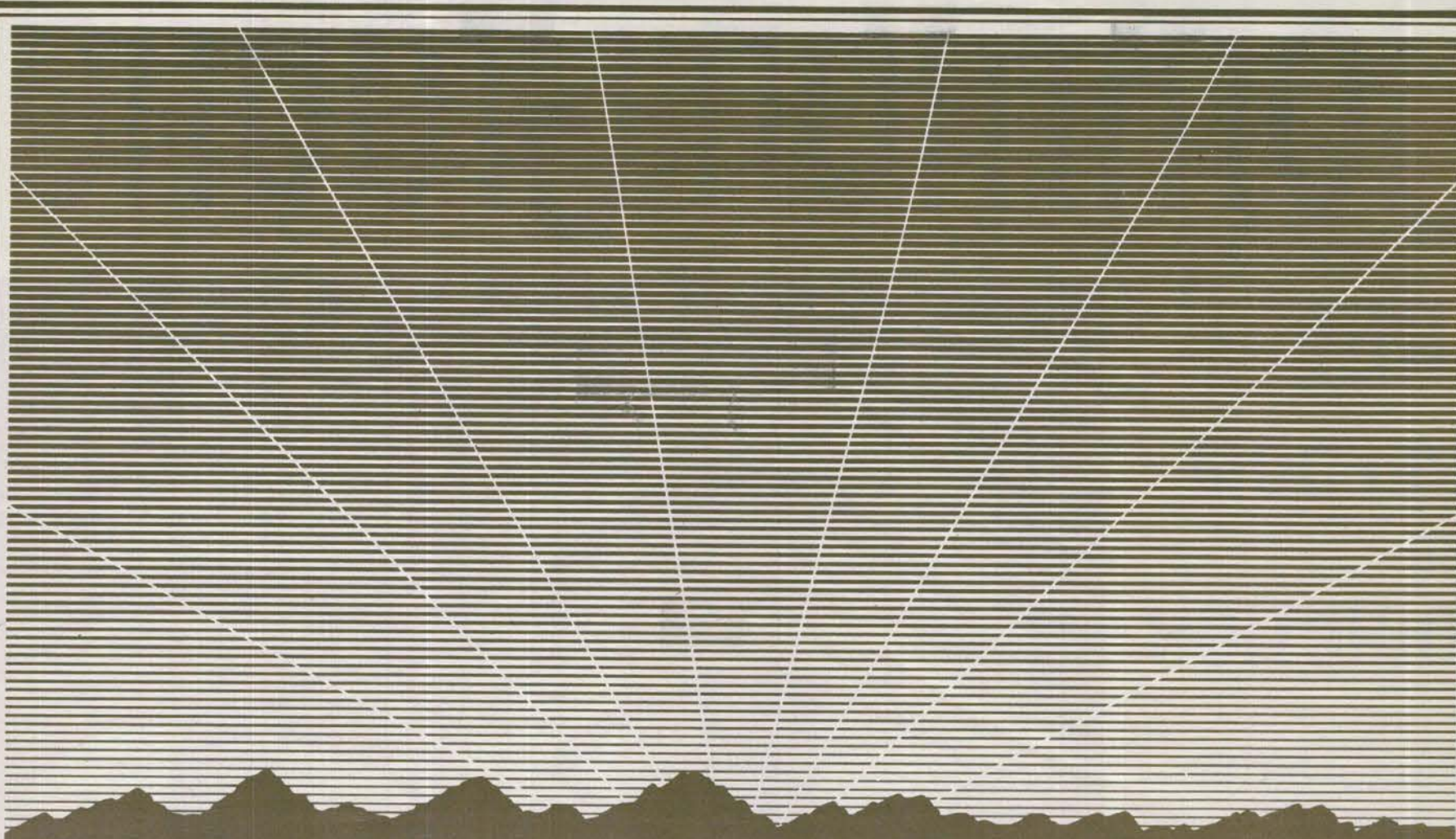
**BILL W.-
CARL JUNG**
Letters that inspired A.A.

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AURORRA

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SCHEDULE OF EVENTS - VANCOUVER - MAY 1988

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DATES: Tuesday 17th
Thursday 19th
Tuesday 24th
Thursday 26th
REGISTRATION: 7:00 PM
PROGRAM: 7:30 PM - 10:00 PM
PRICE: \$15.00 per evening

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DATE: Tuesday 31st
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PROGRAM: 7:30 PM - 10:30 PM
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DATES: Thursday 19th, 9:30 AM - 12:00 AM
Wednesday 25th, 9:30 AM - 12:00 AM
Thursday 26th, 9:30 AM - 12:00 AM
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WORKSHOPS

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DATES: Friday 20th, 7:00 PM - 11:00 PM
Saturday 21st, 10:00 AM - 6:00 PM
Sunday 22nd, 10:00 AM - 6:00 PM
Monday 23rd, 10:00 AM - 6:00 PM
REGISTRATION: 6:30 PM, Friday 20th
PRICE: \$375.00 at the door **or**
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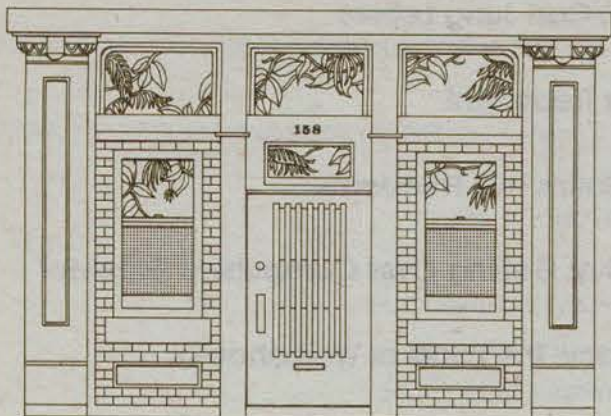
MEETING THE GOD/GODDESS WITHIN

DATES: Friday 27th, 7:00 PM - 11:00 PM
Saturday 28th, 10:00 AM - 6:00 PM
Sunday 29th, 10:00 AM - 6:00 PM
REGISTRATION: 6:30 PM, Friday 27th
PRICE: \$300.00 at the door **or**
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Pre-registration by May 19, \$85

Regal Garden Hotel (Howe at Helmcken)

For further information, call June Earle - 921-8366
Jacqueline Sims - 737-2216

Features

The Bill W.-Carl Jung Letters

Acknowledging the inspiration for Alcoholics Anonymous

Culture is Treatment

by Wayne Christian of the Round Lake Treatment Centre

Virginia Satir's Five Freedoms

by John Banmen

Buy Buy Buy: Getting Over Compulsive Behavior

by Patti Cawsey and Dixie Kilroe

Inadequacy: The Roots of Workaholism

by Sharon Wegscheider-Cruse

Protest in Strathcona: The Battle to Save Provincial Parks

by Des Kennedy of the Friends of Strathcona

Stein Update: Dialogue At Last

by John McCandless, Stein Coordinator, Lytton and Mt. Currie Indian Bands

Food Irradiation Update: The Japanese Babyfood Scandal

by Judith Cross

The Twelve Step Program

of Alcoholics Anonymous

That's Not You In The Mirror

An Interview With Douglas Harding

RESOURCE DIRECTORY

The Calendar

Hollyhock Summer Program

Book and Video Reviews:

When Society Becomes An Addict

The Sacred Tree

The Honour Of All

Letters

Editorial Letter

Suggested Reading List

s t a f f

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c o v e r

La méduse by Alexej Jawlensky, Musees Des Beaux Arts,
Palais St. Pierre, Lyon, France.

SUMMER ISSUE DEADLINE: April 29, 1988
THEME: Creative Adventures

EDITORIAL

l e t t e r

Alcoholics Anonymous, whose 12 Step program daily helps transform the lives of thousands of addicts of all types, was partly inspired by an analysis session between Carl Jung and AA co-founder Roland H. We've reprinted the remarkable letters acknowledging Jung's contribution.

The horrendous alcohol problem amongst Canada's Native populations appears best addressed by returning to the strong roots of their spiritual traditions. Wayne Christian of the Round Lake Treatment Centre near Armstrong, B.C. outlines the ritual and ceremony of the sweatlodge, a principle means of re-introducing the old lore. As well, the video, *The Honour Of All*, is reviewed. It re-creates in vivid and inspiring detail the turn around at the Alkali Band reservation in the Cariboo, from 100% alcoholic to 95% sober. *The Sacred Tree*, a book that clearly states the essential spiritual truth at the core of North American Native life, is also reviewed.

Acclaimed family therapist Virginia Satir describes five freedoms which are necessary for personal growth and happiness.

Spending a lot because you're 'born to shop'? Better look again, say Patti Cawsey and Dixie Kilroe, because compulsive behavior is eventually destructive, in what ever form it catches you.

If you've no time to be out spending or to see your kids or to take a real vacation, you may have entered a state of workaholism. And this could likely be over compensating for underlying feelings of inadequacy, says author and counsellor Sharon Wegscheider-Cruse.

The environment issues in B.C. continually lead to confrontation between those who want to keep some of this vast land as it has been for thousands of years, and development minded governments and industry. The cutting up of Strathcona Park on Vancouver Island is fundamentally and morally wrong, say the Friends of Strathcona — and we have to agree.

In the Stein Valley, there seems to be some light in the tunnel, with government and Native dialogue taking place. And food irradiation continues to be an issue. Let's make it go away. Write your M.P. today.

Hollyhock on Cortes Island once again is printing their full program in Common Ground. See the centre four pages.

The letter pages are followed by a thoughtful evaluation by Sharon Burrows of the writings of Ann Wilson Schaef, particularly *When Society Becomes An Addict*, and to end on a lighter side, 79 year old Douglas Harding offers some wisdom as to who we really are (and it's not who you see in the mirror).

Have a wonderful Spring, stopping to smell all those beautiful flowers.

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OMISSION

Hazel Henderson was interviewed for Common Ground last issue (Winter #21) by Jaylene Hamilton, a Vancouver free lance radio and T.V. interviewer.

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MATTHEW FOX, a Dominican scholar, a popular
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 tator has called "a crusader and a smasher of chains." He
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 and the author of: "On becoming a Musical, Mystical
 Bear"; "Wheel! We, wee all the Way Home."; "A Spirituality
 Named Compassion"; and others.



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The Bill W.-Carl Jung Letters

The following two letters were first printed in the January 1963 issue of the Grapevine a monthly newspaper published by the Society of Alcoholics Anonymous, and they reveal events leading to the founding of the society. In his letter to Jung, Bill Wilson describes Jung's impact on a former patient Roland H., the founder of A.A. Jung had once told Roland H. that his case was hopeless, that only a religious conversion could affect his addiction to alcohol. Replying to Wilson's letter, Jung emphasizes the difficulty of speaking about the spiritual meaning of what are considered to be medical or, at most, psychological illnesses.



January 23, 1961
Professor, Dr. C.G. Jung
Kusnacht-Zurich
Seestrasse 228
Switzerland

My dear Dr. Jung:

This letter of great appreciation has been very long overdue.

May I first introduce myself as Bill W., a co-founder of the Society of Alcoholics Anonymous. Though you have surely heard of us, I doubt if you are aware that a certain conversation you once had with one of your patients, a Mr. Roland H., back in the early 1930's, did play a critical role in the founding of our Fellowship.

Though Roland H. has long since passed away, the recollection of his remarkable experience while under treatment by you has definitely become part of AA history. Our remembrance of Roland H.'s statements about his experience with you is as follows:

Having exhausted other means of recovery from his alcoholism, it was about 1931 that he became your patient. I believe he remained under your care for perhaps a year. His admiration for you was boundless, and he left you with a feeling of much confidence.

To his great consternation, he soon relapsed into intoxication. Certain that you were his "court of last resort," he again returned to your care. Then followed the conversation between you that was to become the first link in the chain of events that led to the founding of Alcoholics Anonymous.

My recollection of his account of that conversation is this: First of all, you frankly told him of his hopelessness, so far as any further medical or psychiatric treatment might be concerned. This candid and humble statement of yours was beyond doubt the first foundation stone upon which our Society has since been built.

Coming from you, one he so trusted and admired, the impact upon him was immense.

When he then asked you if there was any other hope, you told him that there might be, provided he could become the subject of a spiritual or religious experience — in short, a genuine conversion. You pointed out how such an experience, if brought about, might remotivate him when nothing else could. But you did caution, though, that while such experiences had sometimes brought recovery to alcoholics, they were, nevertheless, comparatively rare. You recommended that he place himself in a religious atmosphere and hope for the best. This I believe was the substance of your advice.

Shortly thereafter, Mr. H. joined the Oxford Group, an evangelical movement then at the height of its success in Europe, and one with which you are doubtless familiar. You will remember their large emphasis upon the principles of self-survey, confession, restitution, and the giving of oneself in service to others. They strongly stressed meditation and prayer. In these surroundings, Roland H. did find a conversion experience that released him for the time being from his compulsion to drink.

Returning to New York, he became very active with the "O.G." here, then led by an Episcopal clergyman, Dr. Samuel Shoemaker. Dr. Shoemaker had been one of the founders of that movement, and his was a powerful personality that carried immense sincerity and conviction.

At this time (1932-34), the Oxford Group had already sobered a number of alcoholics, and Roland, feeling that he could especially identify with these sufferers, addressed himself to the help of still others. One of these chanced to be an old schoolmate of mine, named Edwin T. ("Ebby"). He had been threatened with commitment to an institution, but Mr. H. and another ex-alcoholic "O.G." member procured his parole, and helped to bring about his sobriety.

Meanwhile, I had run the course of alcoholism and was threatened with commitment myself. Fortunately, I had fallen under the care of a physician — a

Dr. William D. Silkworth — who was wonderfully capable of understanding alcoholics. But just as you had given up on Roland, so had he given me up. It was his theory that alcoholism had two components — an obsession that compelled the sufferer to drink against his will and interest, and some sort of metabolism difficulty which he then called an allergy. The alcoholic's compulsion guaranteed that the alcoholic's drinking would go on, and the allergy made sure that the sufferer would finally deteriorate, go insane, or die. Though I had been one of the few he had thought it possible to help, he was finally obliged to tell me of my hopelessness; I, too, would have to be locked up. To me, this was a shattering blow. Just as Roland had been made ready for his conversion experience by you, so had my wonderful friend Dr. Silkworth prepared me.

Hearing of my plight, my friend Edwin T. came to see me at my home, where I was drinking. By then, it was November 1934. I had long marked my friend Edwin for a hopeless case. Yet here he was in a very evident state of "release," which could by no means be accounted for by his mere association for a very short time with the

Oxford Group. Yet this obvious state of release, as distinguished from the usual depression, was tremendously convincing. Because he was a kindred sufferer, he could unquestionably communicate with me at great depth. I knew at once I must find an experience like his, or die.

Again I returned to Dr. Silkworth's care, where I could be once more sobered and so gain a clearer view of my friend's experience of release, and of Roland H.'s approach to him.

Clear once more of alcohol, I found myself terribly depressed. This seemed to be caused by my inability to gain the slightest faith. Edwin T. again visited me and repeated the simple Oxford Group formulas. Soon after he left me, I became even more depressed. In utter despair, I cried out, "If there be a God, will He show Himself." There immediately came to me an illumination of enormous impact and dimension, something which I have since tried to describe in the book *Alcoholics Anonymous* and also in *AA Comes of Age*, basic texts which I am sending to you.

My release from the alcohol obsession was immediate. At once, I knew I was a free man.

Shortly following my experience, my friend Edwin came to the hospital, bringing me a copy of William James's *Varieties of Religious Experience*. This book gave me the realization that most conversion experiences, whatever their variety, do have a common denominator of ego collapse at depth. The individual faces an impossible dilemma. In my case, the dilemma had been created by my compulsive drinking, and the deep feeling of hopelessness had been vastly deepened still more by my alcoholic friend when he acquainted me with your verdict of hopelessness respecting Roland H.

In the wake of my spiritual experience, there came a vision of a society of alcoholics, each identifying with and transmitting his experience to the next — chain-style. If each sufferer were to carry the news of the scientific hopelessness of alcoholism to each new prospect, he might be able to lay every newcomer wide open to a transforming spiritual experience. This concept proved to be the foundation of such success as Alcoholics Anonymous has since

Continued on page 10



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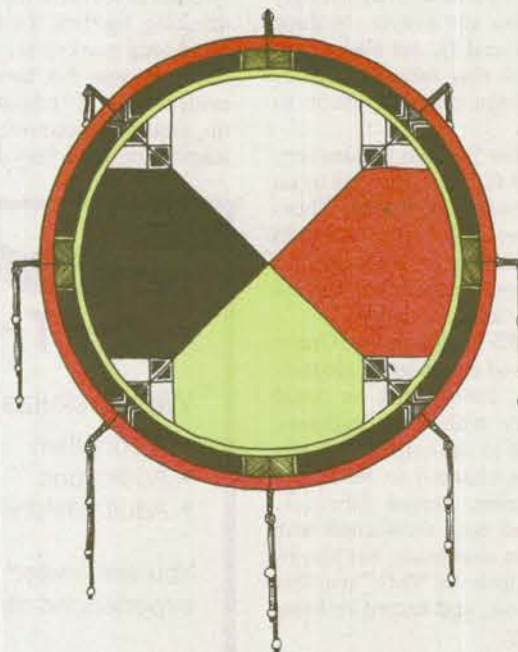
The process of alcoholism amongst Indian people did not just happen overnight, it began with the displacing of our ancestors from Mother Earth. The words of Chief Seattle eloquently state our sacred relationship to creation.

".... Whatever befalls the earth befalls the sons of the earth. Man did not weave the web of life; he is merely a strand in it. Whatever he does to the web, he does to himself. (To deny this is) the end of living and the beginning of survival."

Chief Seattle spoke these immortal words in 1854, even before Canada became a country.

"The end of living and the beginning of survival,"; this phrase clearly states where our people have been in the last one hundred years. It is difficult for most people to understand that alcohol was used as a trade good with the Indians to steal our land and resources. It was only in 1960 that alcohol became legal for Indian people to buy and drink. Prior to 1960 it was against the law for Indians to be in possession of alcohol, but it was okay for Indians to sit in the bars and drink and drink until they were totally drunk. There are many of our people who spent time in the infamous Oakalla prison for being in possession of alcohol without being drunk.

This is a legacy of what our people have lived through during the 1960's, a time for Peace and Love for all of non-Indian society, but for our people it spelled: alcohol, deaths, child apprehensions, integration, assimilation, broken families, loss of land, culture and



identity.

It is difficult for most non-Indian people to understand that our people drink for many reasons and eventually become addicted to alcohol. But the bottom line is that each and every Indian person who has become an alcoholic has no self-worth and no identity as an Indian. Their identity has been stripped from them by the policies of assimilation and cultural genocide that is continually being practised by the governments on the Indian people. It is in this type of environment that Indian people are beginning to take control of their own destinies, especially as it relates to treatment of substance abuse. There exists in B.C. a large number of treatment facilities that are run by Indian people for Indian people.

The Round Lake Native Treatment Centre near Armstrong opened in May, 1979; it's philosophy is that "Culture is Treatment". The six week program focuses on the whole person-- mind, body, spirit and emotions.

The utilization of the sweatlodge ceremony is an integral part of the treatment of an individual who is an addict. The sweatlodge is a re-enactment of a return to our mother's womb; it is also the cleansing of the body, mind and spirit. It requires an act of humility to sit in a fetal position admitting powerlessness before our maker; disclosing our difficulties, sharing our problems with other people and in prayer asking for the needs of our inner most self.

The sweatlodge has been amongst our people long

before the churches were built on our reserves. This is where our people went to pray and come in contact with a Higher Power or the Creator. There are four rounds to each ceremony. Four rounds in honor of the four directions. There are six colors used in the sweat lodge ceremony:

Color Red in honor of the Red Race or Indian people. The gift given to

Red man is the gift of vision to be able to look backwards in time or to be able to see into the future.

Colour Yellow in honour of the Yellow Race or oriental people.

The gift they were given is time. They are an ancient people in their beliefs and religion.

Colour Black in honour of the Black Race or Black people.

The gift they were given is reason. To be able to reason with things.

Colour White in honour of the White Race or White people.

The gift they were given is movement. To be able to move things like jets, trains, and cars.

Colour Green in honour of Mother Earth, giver of new life to all of creation.

She gives life to all two legged, four legged, the ones that fly, ones that crawl, ones that swim, insects, trees, water, rock, and grass.

Colour Blue in honour of the Father Sky, Creator (God).

The ultimate of all Universal Powers.

In Round 1, we honour Mother Earth, the fire, rocks, water, and Steam Spirits. Prayers of thanks are said by all the participating individuals. Sacred songs are sung, people can either pray silently in Indian or English. People remove all accessories like watches, rings, and glasses, to remember that when we came into this world each one of us was naked. We ask Mother Sweat Lodge to purify our minds, bodies and spirits to take away all our bad things, hurts, anger and resentments. Sweats are a place where we can cry, pray, sing and be able to humble ourselves and cry for our people.

In Round 2, we honour all sisters, because women are the backbone of Indian people and they have the gift of bringing new life into this world. We have to remember that some of our women get caught up in alcohol and drug abuse, they get weak and need our prayers and thanks. We pray for our Mothers, Sisters, Grandmothers, nieces, cousins, Aunts, Elders, Pipe Carriers, Spiritual Advisors, and all Sisters pray for each other. We remember all our sisters that are in institutions, jails, battered women's homes and young sisters that are in foster homes. We ask the Creator that he will help them find their identities.

In Round 3, we honour all our Brothers. We re-

member our Fathers, Grandfathers, Uncles, Nephews, Cousins, Elders, Spiritual Advisors, Pipe Carriers, and if any of the above are in the Spirit world we still pray for them so that their Spirits are set free by their loved ones. We remember all our brothers in jails, institutions, jungles and skid row. We ask the Creator to forgive us, and for our wrong doings, we humble ourselves and cry for our people.

In Round 4, we honour ourselves now that we have prayed for everyone else. We ask the Creator to help us with our daily living problems and to work on our character defects.

We sometimes close a Sweatlodge Ceremony with the smoking of the sacred pipe by all participants.

It is with these teachings and beliefs that our program at Round Lake centers on a person's ability and desire to move from freedom of their addiction to a journey to their center; to their inner peace of mind. Each person's spirituality is a journey of discovery to their higher power or the Creator. Recovery from alcoholism, (like life in general) is a process of learning and growing. Our program offers hope for all our families who are touched by the disease of alcoholism.

Here is a prayer for all the people of the world who have fought the deadly killer alcohol:

OH GREAT SPIRIT

Whose voice I hear in the wind,
Whose breath gives life to the world,
Hear me.
I come to you as one of your many children.
I am small and weak
I need your strength and wisdom.
May I walk in Beauty
Make my eyes behold the red and purple sunset.
Make my hands respect the things that you have made,
and my ears sharp so hear your voice,
Make me wise so that I may know the things,
That you taught your children,
The lessons that you have hidden in every leaf and rock,
Make me strong, not to be superior to my brothers, but to be
Able to fight my greatest enemy: Myself.
Make me ever ready to come to you with straight eyes so that
When life fades as the faded sunset
My spirit will come to you without shame.

All my relations

Wayne Christian is the Director of the Round Lake Native Treatment Centre, RR#3, Comp. 10, Grandview Flats N., Armstrong, B.C. V0E 1B0.



Original artwork by Patti Lucas Morrison.
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VIDEO REVIEW

THE HONOUR OF ALL

The Story of the Alkali Lake Indian Band of B.C. and their triumph over alcoholism

(Phil Lucas Productions, VHS or BETA, Box 460, Sta. "A", Vancouver, B.C. V6C 2N2, 682-1943)

Reviewed by Blair Harney

"And Indians from across North America are making pilgrimages to hear how the Shuswaps beat the scourge that affects some 80 percent of Indian males."

— People Magazine

"Today, almost 95 percent of the adult population of Alkali Lake is sober. They are infused with a sense of spirit and their own potential; pride has replaced despair."

— Reader's Digest

The Honour of All is a 56 minute video production in a 'docu-drama' format that re-creates the story of the Alkali Lake Indian Band's heroic struggle to overcome chronic alcohol abuse.

It is the true story of a Native Indian community near Williams Lake, B.C. and is re-enacted by the people who lived it.

The story is narrated by Andy Chelsea, the Chief of the Band, and it begins with the days in the early 1940s when the Indians began receiving liquor for their furs, rather than supplies or money. Alcoholism rapidly spread throughout the Band until men, women, and children — virtually 100% of the community — were affected. All aspects of community life were eroded and destroyed in this process.

Not until 1971, when Phyllis Chelsea, realizing that drinking was destroying her relationship with her daughter, took a stand against alcohol, did the situation begin to change. Five days after she quit drinking, her husband, Andy, also made the decision to quit. For the next two years Andy and Phyllis were the only sober members of the Band. Then the process of recovery started with others.

Eventually Andy was elected chief of the Band, and visible changes began to occur. Miraculously, over a 14 year period, the community was restored to sobriety. In those 14 years the community went from 100% drinkers to being 95% sober. Today the Alkali community is a source of inspiration, and a model for other Native Indian communities throughout Canada and the U.S.A.

The Honour of All gives hope and inspiration to Native people throughout the world that with community support, love, and forgiveness, individual lives can be saved and families and communities can be restored.

Continued from page 7



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achieved. This has made conversion experience — nearly every variety reported by James — available on almost wholesale basis. Our sustained recoveries over the last quarter-century number about 300,000. In America and through the world, there are today 8,000 AA groups. (In 1978, worldwide membership is estimated to be over 1,000,000; number of groups, over 30,000.)

So to you, to Dr. Shoemaker of the Oxford Group, to William James, and to my own physician, Dr. Silkworth, we of AA owe this tremendous benefaction. As you will now clearly see, this astonishing chain of events actually started long ago in your consulting room, and it was directly founded upon your own humility and deep perception.

Very many thoughtful AAs are students of your writings. Because of your conviction that man is something more than intellect, emotion, and two dollars' worth of chemicals, you have especially endeared yourself to us.

How our Society grew, developed its Traditions for unity, and structured its functioning, will be seen in the texts and pamphlet material that I am sending you.

You will also be interested to learn that, in addition to the "spiritual experience," many AAs report a great variety of psychic phenomena, the cumulative weight of which is very considerable. Other members have — following their recovery in AA — been much helped by your practitioners. A few have been intrigued by the *I Ching* and your remarkable introduction to that work.

Please be certain that your place in the affection, and in the history, of our Fellowship is like no other.

Gratefully yours,
William G. W—

Kusnacht-Zurich
Seestrasse 228
January 30, 1961

Mr. William G.W—
Alcoholics Anonymous
Box 459 Grand Central Station
New York 17, New York

Dear Mr. W.:

Your letter has been very welcome indeed.

I had no news from Roland H. any more and often wondered what has been his fate. Our conversation which he had adequately reported to you had an aspect of which he did not know. The reason that I could not tell him everything was that those days I had to be exceedingly careful of what I said. I had found out that I was misunderstood in every possible way. Thus I was very careful when I talked to Roland H. But what I really thought about was the result of many experiences with men of his kind.

His craving for alcohol was the equivalent, on a low level, of the spiritual thirst of our being for wholeness, expressed in medieval language: the union with God.*

How could one formulate such an insight in a language that is not misunderstood in our days?

The only right and legitimate way to such an experience is that it happens to you in reality, and it can only happen to you when you walk on a path which leads you to higher understanding. You might be led to that goal by an act of grace or through a personal and honest contact with friends, or through a higher education of the mind beyond the confines of mere rationalism. I see from your letter that Roland H. has chosen the second way, which was, under the circumstances, ob-

viously the best one.

I am strongly convinced that the evil principle prevailing in this world leads the unrecognized spiritual need into perdition if it is not counteracted either by real religious insight or by the protective wall of human community. An ordinary man, not protected by an action from above and isolated in society, cannot resist the power of evil, which is called very aptly the Devil. But the use of such words arouses so many mistakes that one can only keep aloof from them as much as possible.

These are the reasons why I could not give a full and sufficient explanation to Roland H., but I am risking it with you because I conclude from your very decent and honest letter that you have acquired a point of view above the misleading platitudes one usually hears about alcoholism.

You see, "alcohol" in Latin is *spiritus*, and you use the same word for the highest religious experience as well as for the most depraving poison. The helpful formula therefore is: *spiritus contra spiritum*.

Thanking you again for your kind letter

I remain
yours sincerely
C. G. Jung

* As the hart panteth after the water brooks, so panteth my soul after thee, O God. (Psalm 42,1)

Jung's letter has more recently been published in his Letters, edited by Gerhard Adler and Aniela Jaffe, translated by R. F. C. Hull (Bollingen Series, 95), vol. 2 (1951-1961), pp. 623-625. Copyright©1953, ©1975 Princeton University Press. Printed by permission.

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Virginia Satir's 5 Freedoms



by John Banmen

Since 1970 Virginia Satir has been identified as the world's foremost family therapist. She has advocated some major principles of human nature and human potential that culminate in hope, freedom, greater and more relevant choices and more positive relationships. Basically she has provided psychotherapists and family therapists with dynamic tools to help people and their systems change from levels of dysfunctional survival to healthy, congruent individuals with high self-esteem.

One component of Satir's system and view is her statements on freedom.

Her Five Freedoms Are:

The freedom to see and hear what is here, instead of what should be, was or will be;

The freedom to say what one feels and thinks, instead of what one should;

The freedom to feel what one feels, instead of what one ought;

The freedom to ask for what one wants, instead of always waiting for permission;

The freedom to take risks in one's own behalf, instead of choosing to be only "secure" and not rocking the boat.

To activate these freedoms, which are necessary for personal growth and happiness, it necessitates developing the unique resources within each individual. These five freedoms are difficult to achieve because of:

a.) our family of origin experience, namely our upbringing,

b.) our social, institutional environment and experience,

c.) our low self-esteem, mostly as a result of the two earlier statements.

Our parental upbringing often conditions us to what we are supposed to see and hear, say and feel to the point that our own senses, thinking and feeling are negated and often rejected. We are taught to follow other people's reality, be they based in the past, the future or the present.

The freedom to see and hear what is here is based on the premise that we can come from our own place of worth, our high self-esteem, our knowing and accepting our inner self as the basis of our existence and freedom.

In her therapeutic intervention, called family reconstruction, Satir helps individ-

uals come to terms with ones family of origin experiences and helps individuals to reframe negative experiences into resources for future growth. The many "shoulds" from one's family and social institutional conditioning become guidelines and choices.

Instead of placating others, one has the freedom of saying what one feels and thinks. There was a time when only what one thought was important. There was even a short time, about twenty years ago, when only what one felt was important. Thoughts were considered counter-productive in one's search and journey.

There needs to develop a strong commitment to accepting, harmonizing and integrating feelings and thinking. Satir implements this even at the level of the brain by using both right and left hemisphere functions in her workshops, her training, and in her therapeutic interventions.

To say what one feels and thinks puts a great onus on the individual. It assumes and expects that the individual knows and accepts his own feelings and thinking. Satir found in her early work with families that most people were terribly enmeshed with other people's feelings and thoughts. Therefore, her next freedom states the need to actually feel what one feels. The trust and capacity to hear and be aware of one's own feelings, and then acknowledge and share them more openly and honestly was much more difficult for people than she had expected. With that in mind, she has developed some steps to help individuals increase their capacity to feel, to acknowledge their feelings and to trust those feelings.

Once people have accepted and developed the freedom to see and hear, to feel and think, and to share those feelings and thoughts, people should then be able to ask for what they want.

Wants are inner human yearnings turned into individually specific means of satisfy-

ing these universal yearnings. These wants need also be self-directed; "what do I want from myself," not only for myself, or from others.

The fifth freedom recommends that one risks on one's own behalf. Often people are willing to risk on behalf of others only.

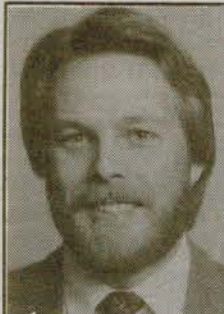
Satir has studied the stages and process of change at considerable length. She has found that people get into a status quo position of living that becomes familiar and perpetuates itself at a low level of risk. It might even feel secure but usually the cost to the Inner Self is drastic. With hope and the awareness of new possibilities, people will often accept this freedom and risk changes.

These Five Freedoms might require a lot more responsibility on our part than we are willing to put out at first. If we start with the acceptance of our own Inner Self as the core and basis of our life force and life energy, and trust that inner voice, we soon can become more congruent, more confident and experience a higher level of self-esteem.

The five freedoms will also help us differentiate between Self and Other, to de-enmesh, to individuate and then build a solid, healthy, open relationship between and among individuals. They can become a significant tool to "heal" oneself without first having to be sick.

Dr. John Banmen, psychologist and family therapist in private practice in Delta, B.C., is one of three senior faculty members of the Satir/Avanta International Summer Institute. He has recently co-edited a book called Virginia Satir's Meditations and Inspirations.

Further Information: Virginia Satir is doing a two day workshop called Pathways To The Self on March 17 & 18, at Western Washington University, Bellingham, and an evening's talk at U.B.C. on March 29th. Call Continuing Education.



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getting over compulsive behaviors

by Patti Cawsey and Dixie Kilroe

What is a non-chemical addiction?

It is a compulsive and/or obsessive behavior defined as "...an irresistible inner force compelling the performance of an act without, or even against the will of the individual performing it." (Compulsive); and "...a persistent or recurrent idea, usually strongly tinged with emotion, and frequently involving an urge towards some form of action..." (Obsessive).

Characteristically these behaviors are motivated unconsciously rather than from conscious intent. Often they are treated as the problem itself, whereas they may also be seen as the symptom of underlying issues. Examples of the kind of behavior we're talking about are: overspending; shoplifting; gambling; lying; sexual promiscuity; eating — bingeing and purging; excessive cleaning; smoking; "Loving too Much."

In counselling people with compulsive criminal behaviors, it has been our experience that acting out their shoplifting or fraud was an unproductive (and illegal) way of meeting psychological and emotional needs. People are often unaware of

the connection between the behavior and the unconscious intent. For example, they may be acting out such needs as approval, excitement, accomplishment or control through their compulsions.

We have observed that people engaged in one form of compulsive behavior often participate in other obsessions as well. For instance, the spender may also be bulimic or be attracted to one unsatisfying relationship after another.

Compulsive behaviors can tend to cluster or occur in a series. An anorexic woman who manages her eating problems may then turn to shoplifting. As the shoplifting is controlled she may then begin to overspend. We have seen clients displaying this cluster or serial reaction over and over again.

In providing a context from which to view their compulsive behaviors, we use a simple metaphor. Compulsive behaviors are a symptom of an emotional injury, just as pain is a symptom of a physical injury. We support people in probing for the original injury and in identifying the underlying psychological issues. As a medical

practitioner would prescribe a cast or crutches, we prescribe an emotionally supportive environment while the healing process occurs. To illustrate this, let us examine one compulsive behavior: overspending.

Profile of an Overspender

People who overspend typically share certain traits. Although the spending may occur in different content areas, i.e. food, clothing, investments, the characteristics appear to be common. They are unable to pass up a bargain or a "hot tip," purchase items that are not needed, and shop when feeling anxious, depressed, lonely, bored. They also experience chronic credit problems, spend impulsively, hide purchases or bills from family, and deny that they have a problem. They often feel victimized and often blame advertisers, credit card companies and stores, and feel driven to "keep up with the Joneses." And they engage in other compulsive behaviors, e.g. eating, drinking, cleaning, and feel very low self-esteem.

Stereotypically, women have been portrayed as "born to shop." However, it has been our experience that the problem is not an exclusively female one. Overspending occurs with men as well as women and it is found in all socio-economic groups.

There also appears to be a common cycle of feelings that overspenders experience. Prior to the spending people have been worried, anxious, angry or resentful, deprived, out-of-control, depressed, self-critical, sad, helpless, empty, and/or lonely. During the shopping or spending they feel excited, alive, powerful, in control, free and as if they are "on a high." Afterward they plummet into guilt, self-criticism, anger, fear, helplessness and many of the other feelings they experienced prior to the spending.

This cycle repeats itself and increases in intensity as the spending continues. We have observed that, uninterrupted, this cycle can continue for years.

There are many ways to intervene. Some interventions focus on budgeting and financial strategies. If this is the exclusive approach, people temporarily resolve their debts and shortly after find themselves back in the spending cycle. Trying to eliminate the symptom without resolving the underlying issues is a band-aid measure.

The kinds of underlying issues we have found that relate to overspending are childhood trauma, for example, sexual and/or physical abuse, emotional loss through death or divorce, abandonment or neglect and unresolved resentment and anger from past relationships. As a result of these experiences, people may feel unloved,

unwanted and unworthy. The overspending may be an unconscious attempt to compensate for this lack.

The Healing Process

The above approach is a simple framework for addressing compulsive behaviors. The underlying issues are often deep-rooted and complex. The healing process not only takes time but requires a willingness to examine the original emotional injury. This process involves all levels: intellectual, emotional and behavioral. There are many methods which are useful in this healing. Some effective self-help tools which reflect these levels are:

Be honest with yourself. Admit the problem. Things can only get better.

Feel your feelings. Allow yourself to feel the fears, sadness, anger and resentments, loneliness and void. These feelings will provide valuable clues about the root of your spending.

Recall early childhood memories regarding money in your family. Did you have an allowance? Was money talked about? Did you know your family's financial situation?

Examine your attitudes and beliefs about money. Does money mean love, power, security, or freedom to you? Is money evil? Is there never enough to go around?

Nurture yourself. Find ways to substitute the spending with other activities that feel good.

Affirmations. Write strong positive statements about yourself. Repeat these several times daily.

Read self-help books that address money and emotions.

Reach out for support. Talk to friends, attend self-esteem workshops, join support groups, ask for what you want directly.

Seek sound financial advice regarding strategies for healthy money management. Keep a money diary to increase your awareness of where your money is spent. Note the feelings at the time of the spending.

Seek therapeutic assistance for additional insight and support. This investment in yourself is a further commitment to change your behavior.

Spending has become a socially acceptable form of addiction in our consumer oriented society. Once identified as a problem, it can be particularly difficult to address. It is important to remember that the healing is a process and that it requires honesty and a compassionate attitude involving self-examination and growth.

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Inadequacy: the Roots of Workaholism

by Sharon Wegscheider-Cruse

Inadequate —
Not sufficient
Not enough
Less than
Not equal

Sound familiar? Of course it does. Who is the soul so self-confident and assured (deluded and arrogant?) who has not felt for a moment a pang of inadequacy? Even Superman becomes an inadequate wimp in the presence of Kryptonite!

Feelings of inadequacy can frequently propel us into self-destructive behavior. Even though we may have accomplished great things, many of us are still driven on to do more and more, as if striving to get the notice of some mysterious judge who is ready to say, "That's good, you've done enough."

In homes where approval and praise were given out for jobs done, performance completed and deeds accomplished, it was very easy and natural for a child to begin to equate their worth with the accomplished task. However, self-worth does not grow with tasks accomplished. Self-worth grows as we learn who and what we are and move in the direction of our own self-love and acceptance.

Many times it seems as if our achievements have a paradoxical effect: They introduce us to more assignments, more responsibilities, more things to be accomplished. And there are times when we get too caught up in *doing* — in accomplishing our tasks — we forget to pay attention to our many other needs... We neglect ourselves, as well as others around us, oblivious to our... best interest.

Stan, for example, has started to realize that something's very much awry in his life. He's been known as a hard worker for years — someone who gave 150 percent. He kept his nose to the grindstone in college, earning an MBA in five years. And he went for two years on his first job without taking a vacation.

The last five years, Stan's wife has succeeded in getting him to take time off from work. But even when he takes time off, he brings along a briefcase full of papers, and like a sneak drinker, Stan sneaks work in during his leisure time.

Stan's job is terribly important to him, and so is his wife. He's been getting feedback that she's feeling neglected, and he's in a quandary. If he doesn't spend all that time at work, he feels anxious. And if his wife is unhappy, he gets anxious.

Trying to keep everything under tight control, he feels as though he's falling further behind. He's often too tired for

sex, and when he and his wife do find some time to make love, he approaches it in a businesslike way. Consequently their love-life is brief, perfunctory and joyless. In fact, their marriage is characterized by a lack of true intimacy. Stan is not only a stranger to his wife, but he is a stranger to himself.

Like Stan, in the driven and busy lives we create for ourselves, we often lose our sense of self-worth.

Frenetic activity (exercise, sports, meetings, classes, jobs, more meetings) drains energy and leaves us feeling physically tired and emotionally numb. Activity, of course, is essential for health and recreation. Yet the compulsively driven, active person uses activity to numb out feeling.

The workaholic can be a valuable contributor to the community — a hard worker, a dedicated volunteer, someone who gets things done. And society reinforces the workaholic accordingly:

- Dedication means hard work and personal sacrifice.
- The world belongs to the hard worker.
- You've got to get ahead in this world.

In addition to the occupational workaholic we also see other varieties of compulsive activity.

The Parent Workaholic

Life is centred around the children. Everything that goes on in this family is centered around children's activities. Holidays, vacations, finances, education are all focused on children's needs.

The Sport Workaholic

Pick the sport! Golf, tennis, football. Being around a sport addict (active or pas-

sive) is a lonely place to be. Preoccupation interferes with relationships, and the self-worth of significant others.

The Professional Workaholic

These are people who somehow feel their "profession" and their "specific job" is the most important focus in the whole world. They sacrifice time, energy and relationships just to keep their job, contacts, interests in the forefront.

Workaholism has many faces, but there are some common features of *all* forms of workaholism. Workaholics have faces that:

- Appear tired
 - Appear sad often.
- Some other signs of the workaholic:
1. Staying late on the job
 2. Never getting done working in the home
 3. Working on weekends
 4. Always carrying a briefcase or book
 5. Rarely absent because of illness or need for a break
 6. Often skips or cuts vacation
 7. Always busy
 8. Eats fast
 9. Reluctant to delegate
 10. Feels responsible to act on every creative idea.

Unfortunately, there is not necessarily a connection between working hard and accomplishing much. One study recently showed that computer workers who took work home... were actually less productive than those who did not.

Any efficiency expert can tell you that useless work goes on every day in most positions. Activity for the sake of appearing busy. *In fact, too often we tend*

to think more about how much and how hard we work rather than how well we work.

Unfortunately, our culture often places a premium on busywork. Employers HATE to see employees who aren't busy doing something.

In many jobs and professions the appearance of work is as highly rewarded as work itself, and meaningless activity is a way of avoiding punishment.

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Continued on page 56



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Protest in Strathcona: The Battle to Save Provincial Parks

by Des Kennedy of the Friends
of Strathcona

Thirty-eight people have been arrested in Strathcona Park for obstructing a mining company in its attempts to proceed with exploratory drilling. They've blockaded roads; they've lain in the mud in front of bulldozers; they've climbed the drilling mast. The arrestees could face up to two years imprisonment for their actions, and the mining outfit — Cream Silver Mines Ltd. of Vancouver — has launched an \$80,000 damage suit against the Friends of Strathcona Park.

What is going on here? The story is long and complex, but in essence the Friends are resisting three things: industrialization of Vancouver Island's only wilderness park, contamination of Campbell River's drinking water, and government decision-making by secrecy and stealth.

In January of 1987 Environment and Parks Minister Stephen Rogers announced sweeping changes to six of the province's biggest wilderness parks, lopping off thousands of acres to be traded to logging companies and re-designating thousands more acres as "recreation areas" — a euphemism which allows mining, logging, dam building and other industrial activities in the parks. In Strathcona some 45,000 acres was sliced off the park completely, and another 25,000 acres in the centre of the park were reclassified "recreation area."

Shortly after the announcement, Stephen Rogers was forced to resign because he was caught holding shares in three companies which stood to benefit directly from the new parks policy. His replacement as minister — there have been 4 in the past 4 years — Bruce Strachan, pressed on with the Rogers policy on the grounds that a Supreme Court decision compelled the government to let the miners in. In point of fact, Cream Silver had lost just such a decision in late 1986 in B.C. Supreme Court.

Legal advice to the Friends of Strathcona contradicted Strachan's claim that he was powerless to stop mining in the parks. The government, the minister stubbornly insisted, "is legally obliged to recognize (the mining claims) even though such resource use clearly does not now accord to our society's view of acceptable park management."

Faced with a government bent upon wholesale dismantling of the province's wilderness park system without either public hearings or legislative debate, and which refused to acknowledge the validity of public concerns and expert legal opinion — the Friends of Strathcona Park



Photo by Laurie Best Courtesy Courtenay-Comox Valley Record.

began holding workshops in civil disobedience, and warned Victoria that industrial intrusion into the park would meet with resistance. In January of this year Strachan authorized a resource use permit for Cream Silver and the issue was joined.

For a week the Friends blockaded an access road in the park. Cream Silver obtained a court injunction and private security guards which broke the blockade allowing the drill rig in. But the Friends moved in as well, setting up a base camp which maintains a full-time presence in the park and provides a launch pad for civil disobedience actions.

Through the months of polite appeal and then of civil disobedience, the 1400-member Friends of Strathcona Park have adhered to three objectives: a stop to exploratory drilling and alienation of lands deleted from the park, a return to the 1986 boundaries, and a public examination of how these changes came about and what implications they have for the park and its watersheds.

At first the government stonewalled, saying the boundary changes and mineral exploration were a fait accompli and not open for review. But as public pressure grew, and as loyal Socred supporters began lining up in opposition to this policy, Parks Minister Strachan and local MLA Stan Hagen began appearing "concerned" and "willing to listen."

Several things have come clear over the past year: one is how terribly vulnerable our parks are to the whims of a handful of politicians. A half dozen cabinet ministers can go behind closed doors and pass an

order-in-council that ruins forever six of our most magnificent wilderness parks, without any public or legislative debate at all. Government press releases have done their best to smokescreen this decision behind a lot of doublespeak about "recreation areas" and Supreme Court decisions. But Strachan has now admitted that his legal advice was incorrect; so in rushes Vander Zalm with a newly-coined rationale that the mines will create wealth and employment.

What none of them have admitted is that the powerful mining lobby — headed by former minister Tom Waterland — wants free run of the parks and this government is willing to provide just that. If further proof were needed, consider that Cream Silver is financing its current exploratory program through a \$60,000 government grant and a tax write-off scheme.

The second point of clarity is what a hazardous business hard rock mining can be in watershed areas. There's already one huge mine in Strathcona Park — the Westmin mine, a subsidiary of the Toronto-based Bronfman empire, with an ore reserve estimated to be worth two billion dollars. The mine has had a long history of failing to adequately deal with its tailings, and has been convicted of polluting Buttle Lake which is the Campbell River domestic water reservoir. The mine tailings bear high sulphur concentrations which, when exposed to air and water produce sulphuric acid, and this in turn releases heavy metals from the rock. Researchers are now describing acid mine leachate as "an

environmental time bomb" capable of contaminating drainages for centuries to come. Just outside Strathcona Park leachates from a copper mine have killed the Tsolum River which was a major island salmon stream.

The Friends of Strathcona maintain that the park left in its natural state, with intelligent peripheral development, could become the centrepiece of a tourism strategy capable of generating sustainable economic benefits which remain in the local economy. Mining, on the other hand, would produce windfall profits for a short period of time — most of which would go to financial centres outside B.C. — and leave behind an environmental and aesthetic mess which will ruin the area for anything else.

Ultimately we must face the question of whether or not we as a society want a wilderness park system. Do we want to preserve some small enclaves, places of sanctuary, for ourselves and our children and for the creatures with which we share the earth? At present less than 4% of the province is in the parks system, and even that small fraction is now threatened with industrial disruption.

The Friends of Strathcona Park invite every British Columbian to rise against this entirely unethical attack upon our public parks. What can anyone do? Inform

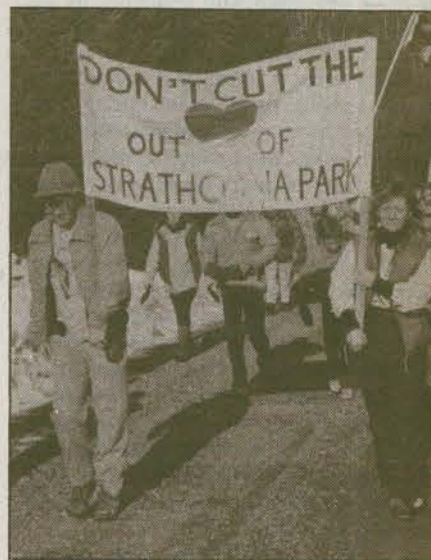


Photo by Laurie Best
Courtesy Courtenay-Comox Valley Record.

yourself about what is happening to Strathcona, Tweedsmuir, Manning, Kokanee Glacier, Wells Grey and Kwadacha parks. Voice your displeasure to Premier Vander Zalm, Environment and Parks Minister Strachan and your local MLA. Join the Friends of Strathcona Park (Box 3404 Courtenay, B.C. V9N 5N5), and, if you're able, plan a visit to Strathcona Park where civil disobedience will continue until our parks are safe.

Food Irradiation Update: The Japanese Baby Food Scandal

by Judith Cross

* In May 1978, Japanese consumers were shocked by the so-called *Irradiated Baby Food Scandal*. It was disclosed that a food processing company in Aichi prefecture called Nakagami Kogyo Co. had irradiated powdered vegetables for baby food for the purpose of sterilization for the previous four years. The food processor asked the irradiation processor, named Radio Kogyo Co., to irradiate powdered vegetables misrepresenting these were to be used for animal feed. Indeed, the packages were labelled as "For Stock Feed."

70 tons of powdered vegetables were irradiated with between 500,000 to 3,000,000 rads of Cobalt 60. Most were then sold to major baby food makers. It has been estimated that tens of thousands of babies ate this illegally irradiated baby food.

Parents were horrified to discover they had unknowingly fed their babies irradiated food that had not been proven safe.

In 1984, five persons of Nakagami Kogyo Co. and Radio Kogyo Co. were convicted of a crime at the Nagoya District Court.

This scandal gave us one lesson: Once foods are exposed to radiation, there is no way to find out. Even with strict regulations, it is impossible to prevent the illegal use of radiation when no established testing method is available.

The Consumers Association of Japan has been the lead organization there in preventing more than just potatoes from being irradiated. Unfortunately they report that the Japanese government is under pressure to change their regulations to allow irradiated fruit in from the United States. There is no fruit being irradiated now, but the U.S. Department of Energy is trying to convince both the Florida Citrus Commission and the Washington State Apple Commission to build irradiators in those states.

The ban on food irradiation in the United Kingdom will remain in place until there are suitable methods for detecting whether a food has been irradiated. The well publicized abuses (such as using irradiation to clean up the bacterial load on shrimp which had already been in storage for two months), led to the British Conservative government's decision to maintain the ban. They were responding to the pressure of consumers, trade unions, some sectors of the food industry and local food inspectors. The London Food Commission, which has taken the lead in opposi-

tion to FI in Britain, is arranging a high level forum to take place on March 24 for the food industry and investment community, to help them understand what a bad investment food irradiation is.

A recent scandal in Ontario revealed that Agriculture Canada inspectors, who are responsible for all meat inspection in the country passed tonnes of meat described as "slimy" in the past two years. 220 documents obtained under the Access to Information Act by the Kitchener-Waterloo Record also revealed that manure, rust, dust, feathers, hair and paint was found in meat that had passed government inspection, either by buyers of the meat or upon second inspection at a plant which did further processing.

Given the situation where inspection fails to discover the obvious, how can government expect us to trust that there would be proper regulation of food irradiation when there is no post-treatment testing procedure available.

Dr. Norman Tape of Agriculture Canada is presently chairman of the organization set up by the International Atomic Energy Agency to push FI on consumers around the world. Empire building civil servants and the crown corporation, Atomic Energy Canada Ltd. are those who are most responsible for Canada's heavy involvement in the push.

March 6th is the anniversary of the Consumer and Corporate Affairs hearings on food irradiation held in Vancouver. In spite of Health Minister Jake Epp's rejection of most of the Committee's recommendations, and his announcing in September of 1987 that the food regulations would be changed sometime in the fall or early winter to allow food to be zapped with 1 million rads of gamma rays, everything is still on hold. Your cards and letters of protest have delayed the changes for a year. Although things go slowly, ultimately we will win this one.

Write to The Hon. John Wise, Minister of Agriculture, House of Commons Ottawa, K1A 0A6, and ask that Agriculture Canada stop their promotion of food irradiation. Also discuss this issue with your local MP.

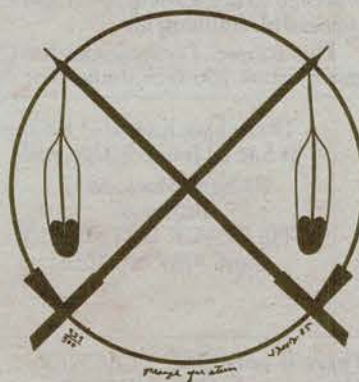
Sources: * Information Center for Public Citizens, c/o The Ohtake Foundation, 9F Central Bldg. 1-1-5 Kyobashi Chuo-ku, Tokyo, Japan.

Canadian Coalition to Stop Food Irradiation, #11 - 3856 Sunset St., Burnaby, B.C. V5G 1T3 (604) 435-0512.

Stein Update: Dialogue at Last

by John McCandless, Stein Coordinator, Lytton and Mt. Currie Indian Bands

On February 4th, 1988, British Columbia's Stein Valley controversy took a positive turn when Forests Minister Dave Parker confirmed that the provincial government will honor the recommendation of its blue-ribbon Wilderness Advisory Committee for a negotiated settlement of this simmering land-use conflict.



Prayer for Stein by Joe David

In March, 1986, the province's Wilderness Advisory Committee recommended "in view of the heritage and spiritual values to the Lytton Indian Band... a road should not be constructed through the Stein River Canyon without a formal agreement between the Lytton Indian Band and the Provincial Government."

Bryan Williams, chairman of the Wilderness Committee and former president of the Canadian Bar Association, "envisioned a reasonable government and a reasonable band that would sit down and negotiate... there should not be a road built through that (Stein) canyon until

there's a formal agreement. We (W.A.C.) said that the whole area should not be desecrated by a road. You have to understand that it's a canyon. When you build a road in a canyon, it's almost impossible to give any kind of assurance, from what we were told, that you wouldn't destroy those values."

On February 4th in Lytton, at the first meeting between the Lytton & Mt. Currie Indian Bands and the provincial government since the Wilderness Committee made its recommendation, the bands proposed a "procedure" or "mechanism" which would allow both sides to work together toward the called-for "formal agreement" over a six month time frame. The mechanism consists of a three month period of information assembly and exchange including identification and evaluation of business development options within the watershed which would not jeopardize the

Continued on page 56



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Tues., April 12, 1988

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Thursday, April 14/1988; 8 P.M.

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making cheques payable to **Robert Bly Gathering**, Box 46198, Station G, Vancouver V6R 4G5. Registration received before April 1 will be acknowledged through return mail; those received after will be held at the door. Early registration is urged. Further information (604) 731-4025

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keyboard/percussion; (music by Patrick Wedd)

8:00 p.m.—West Point Grey United Church, 4595 West Eighth (at Tolmie). Tickets—\$10 general, \$7 seniors, students, unemployed.

Saturday, April 16

"A Day of Discovery with Herbert O'Driscoll"—three sessions, personal

time, round-table groups.

9:30 a.m. - 4:00 p.m., St. John's Church, Shaughnessy (Granville at Nanton). Tickets—\$35 general, \$20 seniors, students, unemployed (includes lunch); for both events \$40/\$25.

Further Information and Tickets—433-2599 or 433-6749.

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April 23rd & 24th, 1988 at the Delta Place Hotel — Cristal (Formerly the Mandarin Hotel) 645 Howe Street, Vancouver, B.C.

Tuition: \$325 (or \$235 for preregistra-

tion prior to April 11th, 1988.)

Please contact: Brad Stewart, 1164 W. 42nd Ave., Vancouver, B.C. V6M 2A8, (604) 263-6772.

Please note: There will be an Open Discussion Group Meeting concerning Jack Schwarz and the Workshop on Monday, April 4th, 1988. Delta Place Hotel — Cristal, 8:00 p.m. For more information call: Brad Stewart, (604) 263-6772.

director

EVENTS	16	35 HEALTH, HEALING & BODYWORK
ARTS & MUSIC	22	42 THE HOME
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Info: 733-4284, SEVA Service Society, P.O. Box 33807, Stn. D., Vancouver, B.C. V6J 4L6.



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Information: 321-6626.



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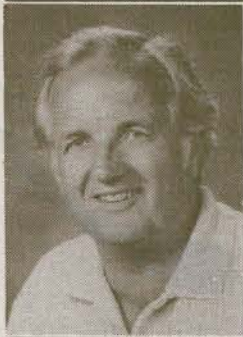
employment, the investment of capital in our communities and the use of our own resources.

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Panel discussions, presentations, and workshops will explore a variety of CED issues.

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Call for registration, brochure, information, and introductory evening: Eroca Ryon, 1208 Island Park Walk, Vancouver, B.C. V6H 3T4, (604) 736-3170.



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June 26th is the second of three Saturn-Uranus conjunctions in 1988, this one framed by summer solstice June 21st and the Capricorn New Moon June

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Information: Michael Aze, 733-5810, VANCOUVER.



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ARASHEENA CHARTERS

Experience the joy of cruising aboard the **Arasheena.** Step off the dock in busy Vancouver and relax into the pleasurable world of sailing.

Enjoy letting time float by as you steer a course towards Indian Arm, Desolation Sound, or some of the many San Juan and Gulf Islands. Truly getting there is half the fun. Whale watching is magnificent this time of year.

Bring your friends, office staff, family or service club to share a truly memorable voyage. Weddings and family reunions are always a delight aboard our well appointed 61' motor sailer.

Attention Common Ground Readers: 10% of your payment for chartering the **Arasheena** goes toward the charity of your choice.

Peace of mind and pleasure of body

will be yours on this spirited adventure.

Call us today and discover how affordable the holiday you deserve really is. Many options available, from 4 hour afternoon or evening outings to a full day, weekend or longer. "Sail the B.C. coast" with captains **Ken Capon** and **Cheryl Reed**, Box 33833, Stn. D., Vancouver, B.C. V6J 4L6 (604) 736-0938. Bon voyage. A sante.



Classes

Each class has a specific focus such as meditation or healing. The basic techniques, grounding and centering, are taught in all classes.

Meditation

The meditation techniques that we teach can enable you to take conscious control of your energy, create your reality, and become increasingly aware of yourself as spiritual being.

Healing

Healing is change. We believe that to heal others is to assist them to change in the way that they wish. The techniques that we teach give you a way to heal others safely and effectively.

Classes start weeks of **March 14 and May 22.** You may register for a class in person or by phone.

Readings

In a psychic reading you receive information on a number of topics. These include

how you are currently using your energy, blocks to the flow of your energy, your communication, and the influence of past lives. There is also time for you to ask your questions. Please call for an appointment.

Church of Divine Man (Canada), Washington Psychic Institute, 1601 W. 10th Ave., VANCOUVER, B.C. V6J 2A2 732-3733.

SUMMER ISSUE DEADLINE: April 29, 1988
THEME: Creative Adventures

ONGOING EVENTS



WILDLIFE FILM SERIES

NORTHWEST WILDLIFE
PRESERVATION SOCIETY
Presents
WILDLIFE AWARENESS SERIES
Robson Square Media Centre
Mondays 7:00 p.m. - 9:30 p.m.
2 shows nightly \$4.00
Series \$16 by March 21

Attend this wonderful film series:
March 21, 7:00 p.m., "Tsitika/Robson
Bight," 8:15 p.m. "The Brooks Penin-
sula"; March 28, 7:00 p.m., "The Chi-
nook Salmon Crisis in the Georgia
Strait," 8:15 p.m. "Birds of Prey"; April
11, 7:00 p.m. "Status of some larger
mammals in Northern B.C.," 8:15 "Birds
of Queen Charlotte Islands"; April 18,

7:00 p.m. "Wildlife Management in B.C.
Parks," 8:15 p.m. "Development in the
Fraser River Estuary"; April 25, 7:00
p.m. "Roosevelt Elk/Shaw Creek," 8:15
p.m. Guest to be announced.
Information and tickets, NWPS, 2150
Maple Street, Vancouver, 736-8750 or
736-8746.

The Chinook Learning Center

Spring is a wonderful time to visit
Chinook and Whidbey Island — please
attend workshops for Canadian dollar
value.

"Seeds of Singing", Susan Osborn,
March 25-27. Experience listening and
singing from the deepest part of yourself.

"Becoming Transparent in Relation-
ships," Dorothy Fadiman — visionary
filmmaker of "Radiance." April 23-24.

"Mending the Sacred Hoop," Anthea
Francine and CheQueesh Auh-Ho-Oh,
May 12-15. Connecting inner reality
with outer world through Native Amer-
ican and Jungian teachings.

Coming this summer: July Spiritual
Challenge Intensive: Brooke Medicine
Eagle and Anthea Francine, July 7-10;
Dr. Patch Adams; Brian Swimme; Art

and Ceremony — Gateway to the Soul,
and more!

We are also hosting Dorothy Maclean
and Ron Rabin's BONDING WITH THE
EARTH 5-day retreats, June 26-July 1
and August 7-12.

Call or write for full brochures. Chi-
nook Learning Centre, PO Box 57,
CLINTON, WA 98236. (206) 321-1884.



The Fairhaven Mysteries Project

The Fairhaven Mysteries Project is an
experiment in education dedicated to
exploring the deeper mysteries of a var-
iety of wisdom traditions from cultures
around the world. We invite you to join
us for these programs.

CONNIE MARTIN — The Wilder-
ness Within: Storytelling and Animal
Spirits. March 25-27.

MICHAEL MEADE — Flight Into
Spirit, Descent Into Soul: Toward the
Re-integration of Male and Female.
April 15-17.

JOHN STEELE — Earth Mysteries:
Geomantic Tradition and Sacred Sites.
May 6-8.

MICHAEL HARNER — Shamanism

and the Spirits of Nature. May 27-29.

Friday Evening Talk Admission: \$10
US. Weekend Workshop Tuition: \$100
US (Michael Harner \$150). For more
information, registration, or a free bro-
chure, contact The Fairhaven Mysteries
Project, PO Box 4345, BELLINGHAM,
WA 98227, (206) 671-4561.



The Actors Institute

CLASSES & PROGRAMS

The Mastery — A weekend Self-
expression Workshop for anyone in-
terested in exploring and expanding
their creativity. Dates: March 25, 26, 27;
April 22, 23, 24; May 27, 28, 29.

Samurai Program — A unique ongoing
program focussed on marketing you and
your business, with emphasis on support,

commitment and creative promotion.

Other Course Offerings —

- Singing and Voice Classes
- Cabaret Class
- Creative Improvisation
- Scene Study Class

Our experienced faculty includes
Patricia Dalquist (Juno Award Winner),
Jerry Ewen (International Workshop

leader), Steven Lake (Workshop lead-
er and director of the Vancouver Actors
Institute), Paula Shaw of Los Angeles
(Lifetime member of H.B. Studio, New
York) and Larry Gilman of Los Angeles
(Actor, Director & Workshop Leader).

For more information contact, The
Vancouver Actors Institute, VANCOU-
VER, 222-1146.



We live in a world where logic, ana-
lytical thought and judgement appear to
be the only way we know how to gather
information.

Take time out.
Learn how to balance your left brain/
right brain and rediscover your abilities
of creativity, feeling, joy, and peace.
"Channel Your Creativity" is a work-

shop that allows you to participate ac-
tively in discovering the REAL YOU, as
well as learning about YOUR SELF,
what your PURPOSE IN LIFE is, how
you can develop your own CREATIVITY,
and have access to YOUR FUTURE.

The next three workshops will be
held from 9:30 am to 6:00 pm on Saturday
and Sunday of March 26-27, April 30 -

May 1, and June 4-5. The fee is \$150.00,
and the workshop is limited to 12 people,
so please register early.

For more information, write to:
BREEZE IN, EASY with Angelica Miller,
B.A., B.Ed. Trainer and Facilitator, 4681
Sunnymead Way, VICTORIA, British
Columbia V8Y 2V6. Tel: (604) 658-2128.



DREAMS, CREATIVITY AND YOU
Your dreams may be more brilliant,
wondrous and magical than you ever
imagined.

Explore this rich source of adventure
and personal empowerment! We will
learn to re-enter our dreams, push the

dream forward, dialogue with the mes-
sengers we meet nightly and express
our dreamscapes as art.

A dream is a call to live life more fully.
You will find guidance for life choices,
and incubate the dreams you need to
restore your energy. Delight in becoming

more fully aware of who you are.

6-week workshops commencing in
March, April & May with enrollment
limited to 4 persons. Call now for in-
formation about the next workshop or
individual sessions. Sharron Daley, 261-
3073, VANCOUVER.



BREITENBUSH

Breitenbush Retreat Center is a re-
stored hot springs resort in the Western
Cascades, 60 miles east of Salem,
Oregon. Personal retreats are U.S.\$30
to \$45 per person per day and include
vegetarian meals, cabin accommodations,
hot tubs and mineral springs and
nearby old growth forest.

We also have a full schedule of con-

ferences and workshops including: April
1-3 Easter at Breitenbush; April 7-10 Bio-
Regional Gathering; April 13-17 Rituals
of Living and Dying, with Peggy Mayo;
April 20-24 Creating Successful Relation-
ships, with Donna Miller; April 29-May
1 Beltane May Day Festival; May 5-8
Women's Gathering; May 13-20 A
Course in Miracles; May 22-27 Healing

The Healer Within; June 10-12 Men's
Retreat and Women's Retreat; June 16-
19 Summer Solstice Healing Gathering.

For complete information about re-
treats and workshops and our volunteer
work program, please contact us for our
brochure and newsletter. Breitenbush
Retreat Center, P.O. Box 578, Detroit,
OR 97342, (503) 854-3501 or 854-3314.



Shamanic Foundation®

Founded by Ed Kenney, Ph.D., the
Shamanic Foundation offers workshops
and counselling in Universal shamanism
worldwide. Also, the Foundation serves
global harmony by sponsoring cultural
exchange. Ed is an international lecturer,
author, publisher, TV personality, and
therapeutic counsellor.

The workshops focus on accessing
knowledge, maintaining health, improv-
ing well-being, and increasing successes.
Learn the usability of Universal sham-
anism in today's lifestyle. Thousands

have learned these simple methods. Re-
peat attendance is common. Journey for
Joy!

Canadian Workshops:

- Toronto, April 9/10 (416) 532-3208
- Kitchener, April 16/17 (519) 894-3654
- London, April 23/24 (519) 471-6234
- Saskatoon, May 21/22 (306) 934-2663
- Edmonton, May 28/29 (403) 452-5372
- Regina, June 4/5 (306) 522-1926
- Salmon Arm, B.C., June 11/12
- Retreat, June 11-16 (604) 832-8483

• Vancouver, B.C., June 16, 18, 19 (604)
669-8359

• Victoria, B.C., June 23, 25, 26. (604)
669-8359

• Quetico, Ont. Retreat, July 24-29
(807) 767-8482

Newsletter and Information: Shaman-
ic Foundation, Box 2506, Stn. P. Thunder
Bay, Ontario, P7B 5E9, (807) 767-8482.

Note: Would you like to sponsor Uni-
versal shamanic workshops? Send for
free promo kit.



THE GAME OF TRANSFORMATION

The **Game of Transformation** is a workshop which provides an opportunity for you to experience and express your deepest self and to deal with current life challenges with inner wisdom and power. The Game is played with four players and two guides and uses a board which recreates in miniature the soul's journey through life.

The process was developed at the **Findhorn Foundation** in Scotland and is led by **Bert Elliott**, former focaliser of the Foundation's education department. Introductory Presentations: May 6, June 3, Location TBA Cost: \$5.

Workshops: April 9-10; May 7-8; June 4-5. Cost \$250.
For information, call Margaret Gabriel 688-5880, VANCOUVER.
For VICTORIA Games, call Bert Elliott 592-4510.



Bodywork Course with Sanatha & Amaro

In this class you will learn the principles and the technique of the Esalen style of bodywork. The Esalen approach treats individuals as a whole rather than just concentrating on physical conditions. An overview of other styles of bodywork will be given as well as an introduction

to body reading, energy reading and energy balancing.

This class will be held weekly over 10 evenings. Each session will last 3 hours.
Spring session: Wednesdays from April 13 to June 15th.
Fee: \$250.

Both instructors maintain a private practice in Vancouver. Sanatha Dawson practices the Esalen Style and Energy Balancing while Amaro Hograefer does Rebalancing and The Trager Approach. For more information phone 224-5578, VANCOUVER.



JOY LAKE MOUNTAIN SEMINAR CENTER

The Joy Lake Mountain Seminar Center offers weekend and 5-day workshops from May through October, with well-known leaders in holistic health. The programs integrate the physical, mental, spiritual, and transformational aspects of holistic health, and personal growth.

Situated in the heart of the Eastern Sierras between Reno and Lake Tahoe, this new-age center contains an old western village, yurts, a four-acre lake ideal for swimming, and herbal gardens.

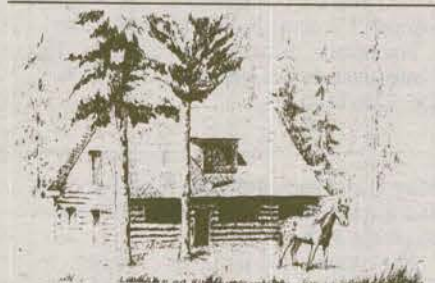
Workshops include:
• **Andrija Puharich (E.L.F.)** May 6-8
• **One family: Bridging into the Fourth Dimension** (Conference) May 8-13

- **Frances Farrelly** (Intuition Training) May 13-15
- **Wallace Black Elk** (Shamanism) May 13-20 & October 14-21
- **Chagudud Tulku Rinpoche** (Buddhism) May 27-31
- **The Monroe Institute** (Gateway Voyage) May 13-20 & May 27 - June 5
- **Jim & Anne Armstrong** (Intuition Training) June 3-10
- **Huston & Kendra Smith** (Philosophy) June 10-12
- **Beverly Hutchinson** (Relationships) June 10-12
- **Relationships and a Course in Miracles** (Conference) June 12-17
- **Marianne Williamson** (Relationships) June 17-19

- **Leonard Laskow** (crystals) June 17-24
- **Don Campbell, Adele Getty, Francis Huxley** (Peruvian Vessels) June 19-24
- **Jack Schwarz** (Healing) June 24-26
- **Avraham Greenbau** (Kabbalah) June 24-26
- **Sun Bear, Liliias Folan, Brant Secunda, Bearheart Williams, CheQuech Auh-Ho-Oh**, (Earth Celebration) June 26 - July 1

Large saving on travel fares to Reno are available through gambling tour promotions.

For a free catalog contact: Joy Lake Mountain Seminar Center, P.O. Box 1328, Department L-11, Reno, NV 89504 (702) 323-0378.



DREAM OF THE FOREST Bridge Lake, B.C.

A healing retreat featuring "Body and Soul" Weekend Workshops

Hans Terlingen, M.D., and Anne Meike Terlingen, Montessori Teacher, invite you to their beautiful retreat to experience weekend workshops on relaxation, visualization, and meditation.

The regular practice of these skills leads towards greater wellness...joy and appreciation in each moment, peace of mind, and an opening up to greater possibilities.

The quiet setting on 500 acres, with the lakes and forests of the Cariboo, becomes an inspiration for learning and seeing. There is accommodation for twelve in the main log house and in the

cabins.

Upcoming Dates: June 10, 11, 12; and August 12, 13, 14. (Friday Evenings, Saturdays, and Sundays to 2 p.m.). Tuition, Room and Board, \$190.

Board, \$190.
For brochure and our schedule for the rest of 1988 write: Hans Terlingen, M.D., R.R. 1, Lone Butte, B.C. V0K 1X0. Or phone (604) 593-4603.

HOLISTIC ESP FAIR

PSYCHIC HOLISTIC ESP FAIRS
FALL 1988 FAIRS
Seattle, WA: Sept. 15-18
Vancouver: PNE: Sept. 22-25
Portland, OR: Sept. 30 - Oct. 2
Calgary, AB: Oct. 7-9

The Psychic Holistic ESP Fair is an annual event held in many major cities in Canada and the U.S. The coordinating centre of these fairs rents exhibit space to individuals and groups involved in the Psychic, Spiritual and/or Self-development and related fields.

For further information regarding the 1987 Psychic Holistic ESP Fairs and additional cities that they will be held in, please contact our Head Office at #205-15225 Thrift Ave., WHITE ROCK, B.C. V4B 2K9, Canada. Phone (604) 536-1220.



with
MAUREEN E. MCGUIRE

The Enersense Workshop creates in the participants a super awareness of energy patterns relating to the physiological, emotional, and spiritual changes happening in and around them. Enersense will teach you how to pace the energy and how to enhance your ability

to use intuition. It focuses all the elements necessary for wholeness and healing.

Maureen is a gifted psychic healer, teacher, and workshop leader, noted for work with various agencies, locating missing persons.

For information contact Carolyn, 299-6789 or 277-4343.
Upcoming workshop in June.

FUN WITH MACROBIOTICS MARCH 18, 19, 20

Vancouver Macrobiotic Society presents the Second Annual Wayne Diotte lectures.

Topics include:
Diagnosis
Spirituality & Macrobiotics
9 Star Ki
Cooking in season for two.
Group & private consultations available.
Phone Mila 733-1299 (after 7 p.m.), John or Betty 733-0434.

IYENGAR YOGA ON GALIANO ISLAND WITH MAUREEN & BRUCE CARRUTHERS

Monthly weekend retreats April-June. Introductory, Level I & Level II yoga with emphasis toward a self-regulated, personal practice of health enhancement. Limited to 16 participants. Fee: \$65, food & accommodation negotiable.

For details and registration phone Penelope at 224-1073.

"THE ART OF LIVING" WORKSHOP — APRIL 16-17

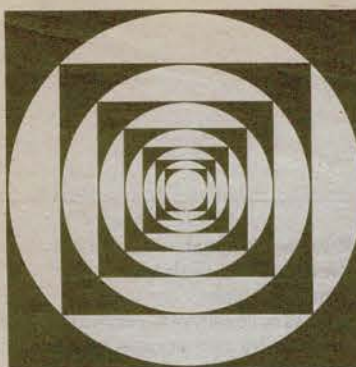
Pundit Ravi Shankar, a spiritual teacher of unusual depth, humility, simplicity and skill, has taught throughout the world, bringing people to an inner transformation affecting their lives in many diverse ways.

Free talks—April 14-15.
For locations & information, contact 941-4734/688-3730.

CREE HEALING WORKSHOP

A coming together, celebration and healing of the white and Native people. Sweatlodge building, ceremonial sweats, questing, sharing and give-aways.

In the remote heart of Cariboo Country, Box 293, 150 MILE HOUSE, B.C. 392-2454 or 296-3282.



CALENDAR SPRING 88

ONGOING

●**DREAM INTERPRETATION WORKSHOPS** Learn how to interpret what your dreams mean to you. 4 Hours \$20. Maureen Blaine-White 430-4206.

●**HOOKED ON BOOKS - ADDICTIONS** ACOA. drugs & alcohol. self awareness. abuse, parenting. Mail order service 437-8378.

●**HERIZEN: NEW AGE SAILING** Personalized sailing & self awareness instructional cruises for women. (see Womens' section.)

●**LONGEVITY: YOU CAN LIVE FOREVER** For full physical, mental, spiritual health, eternal longevity. phone Hugh 70 yrs. young 662-7114.

TUESDAYS:

●**SHARON WOODROW & MARY KENNEY** Lessons of love-empowerment series-power night every first Tuesday of the month. 263-7237, 988-6061.

●**CANADIAN SOCIETY OF QUESTERS** Dowzers/Diviners meet 2nd Tues. monthly. 7:30 pm. Unitarian Hall, 49th & Oak. 298-1891, 946-8162, 224-1726.

WEDNESDAYS:

●**FELDENKRAIS MOVEMENT CLASSES** With Mary Lou Stanley. Wed. mornings. Apr. 13-June 15. On Granville Island Info. 224-5784.

●**THE WRITER'S CIRCLE** "Heart to hand." Get the pulse! Free the writer within. Wed. am or Thurs. pm. Peri Enkin 736-0639.

THURSDAYS:

●**LAZARIS VIDEO TAPE SHOWINGS** New topics weekly. 8:00 pm. \$5. Inner Garden Activity Center, 535 W. 10th Ave. (at Cambie). Info. 875-8818.

●**COUPLES' WORKSHOP/SINGLES' GROUP** Two groups. focus on relationships/singles issues. new skills. fun. new people. 6-8 pm. 731-0067.

●**WINNING WITH YOUR LIFE!** Breath integration sessions. 2 hrs. \$50. New World Network Practitioner & Consultant. Dianne Petrie 736-6272.

MARCH

SATURDAY 12

●**THE SWEDENBORG SOCIETY OF B.C.** Public introductory lecture. Planetarium Museum. Members Lounge. 7:00 pm. No Charge.

SUNDAY 13

●**LET GO! DANCE AFRICAN!** Workshops with Roberta Meilleur. Mar.13, Apr.17, May15, June12. 2-4 pm. \$15/session. 2214 Main Call 736-0898.

TUESDAY 15

●**BODY ALIVE! WORKSHOP** A dynamic event! New World Centre. 7:30-10:30 pm. Call Ron Virochan Wypkema. 263-5044 or 434-8124.

SATURDAY 19

●**HAVE THE MAN YOU WANT IN YOUR LIFE RIGHT NOW!** A 2-day course for women. (see Relationships section.) Call 873-8933.

●"CREATIVITY AND YOU"

One day intensive to unlock your creative personal process. Sat. Mar.19, The Centre, 876-0800.

TUESDAY 22

●**SYNCHRO-ENERGIZER OPEN HOUSE** Experience this amazing device. Tues. Mar.22nd, 7-10pm, 3769 W. 50th Ave. Van. Call Ron, 263-5044, 263-5824.

WEDNESDAY 23

●**TIME TO CREATE WHAT YOU WANT** Visualize and achieve it. Be true to yourself. Intro Mar.23, Mar.31, 7 pm, Martha Entin (see Events section).

THURSDAY 24

●**LEARN TO LOVE YOURSELF NOW!** Experience loving yourself unconditionally in the moment. March 24 Info. call Sherry Taylor 731-4399.

FRIDAY 25

●**SUSAN OSBORN: SEEDS OF SINGING** With David Densmore. Sing yourself fully! (see Chinook Events listing) Don't miss it!

SATURDAY 26

●**MECHANICS OF MANIFESTING** 2-day seminar with Sharon Woodrow & Mary Kenney, Anchoring the Light, Mar. 26,27, call 263-7237, 988-6061.

MONDAY 28

●**OVERSPENDERS SEMINAR & CLINIC** Take control of your spending. Free yourself from anxiety about \$. A free seminar. 420-1263.

TUESDAY 29

●**BODY ALIVE! WORKSHOP** A dynamic event! New World Centre, 7:30-10:30pm. Call Ron Virochan Wypkema, 263-5044 or 434-8124.

WEDNESDAY 30

●**FOOLS PARADE BENEFIT** Savoy 9 pm Mar. 30-31. For the fools parade insurance fund. Info. 254-5428

APRIL

FRIDAY 1

●**7TH ANNUAL APRIL FOOLS PARADE** Along False Creek sea wall. Assembly 11am, Leg in Boot Square. Info. 254-5428.

MONDAY 4

●**MEDITATION, MANTRA, LECTURES** Seek relief from depression, loneliness, 8 lessons (see Spiritual section.) Call Dr. Arya 263-7342.

TUESDAY 5

●**IDENTITY THERAPY COURSE #1** Finding your true identity may be the most important thing you ever do. Call Merrie 224-7184.

WEDNESDAY 6

●**VANCOUVER FOUNDED 1886**

THURSDAY 7

●**SOURCEPOINT SHIATSU TRAINING** Shiatsu level 1; certification at basic and advanced levels. For info. call 737-0047.

●**TIME TO CREATE WHAT YOU WANT** Visualize & achieve it. Course begins tonight at 7 pm, (see Events section.) Call Martha Entin 685-6146.

SATURDAY 9

●**CELESTIAL EXPLORATIONS** Access past lives and other realities. 10 wks. Sat. am. Apr. 9-June 18. The Centre, 876-0800, \$150.

TUESDAY 12

●**CREATIVE INTEGRATION WORKSHOP** Powerful tools for personal growth & meaningful change. 6 eves. Karie Jansen 681-8507 see PTC.

●**MANIFESTING WHAT YOU WANT** 3012 Boundary Rd. 434-8124 7:30-10:30 pm. by donation. Mary Ellen 875-9667 Rosemarie 941-5102.

THURSDAY 14

●**ROBERT BLY IN VANCOUVER** Conflict: Honouring Boundaries & Discord. Kits High. 2550 W.10th 8pm \$12. Call 682-4336.

SATURDAY 16

●**HARRIS VAN BERKEL IN CONCERT** April 16 8:30pm VEOC Tickets at Black Swan, Highlife and Track Records. Reservations 254-9578.

●**POLARITY THERAPY WORKSHOP** Learn & experience a general session: a powerful energy balancing approach. Call Don 874-3932 or 254-0940.

THURSDAY 21

●**INTRODUCTION TO MEDITATION** Meditation reduces stress, creates balance & creates health. 8 week course. The Centre. 876-0800.

●**LEARN TO LOVE YOURSELF NOW!** Experience loving yourself unconditionally in the moment. April 21. info. call Sherry Taylor 731-4399.

FRIDAY 22

●**ISLAND DREAM & COLOUR WEEKEND** Join healer/teacher Alannah Ashlie at Shawnigan Lake Apr.22-24 for empowering workshop. 743-4673.

●**MESSAGES FROM MICHAEL WORKSHOP** Discover, uncover, & embrace the inner & outer personal self. Apr.22-24. The Centre. 876-0800.

SATURDAY 23

●**WALK FOR PEACE 6th ANNUAL** Starting at Kits Beach. Any questions have a talk to EAR (End the Arms Race) 736-2366.

●**WORKSHOP FOR BODYWORKERS** With Bill Liles, massage instructor from Esalen, April 23 & 24 at the Float Centre. Call 736-7378.

●**DOROTHY FADIMAN AT CHINOOK** "Becoming Transparent in Relationships" - Self, Others, God. Apr.23-24. (see Events section).

●**SCIENCE FICTION LIVE** On Granville Island April 23, 1-10pm Seminar discussion & readings. Info. call Alma 687-7697.

●**HAVE THE MAN YOU WANT IN YOUR LIFE RIGHT NOW!** A 2-day course for women. (see Relationships section.) Call 873-8933.

MONDAY 25

●**"THUNDER IN THE MOUNTAIN"** A spring mini-series in creative empowerment. 3 Mon. 7-10pm. Apr.25. Peri Enkin. Register 875-8200.

TUESDAY 26

●**MANIFESTING WHAT YOU WANT!** 3012 Boundary Rd. 434-8124 7:30-10:30 pm. by donation. Mary Ellen 875-9667 Rosemarie 941-5102

WEDNESDAY 27

●**CHAKRA BALANCING & MEDITATION** Vancouver White Lodge will instruct you in this easy method at 3589 Granville St. 7:30 pm, \$5.

FRIDAY 29

●**POLARITY THERAPY** Learn the exciting techniques & theories of Polarity, Reflexology Centre, 535 W. 10th Ave., \$5., 7:30 pm.

SATURDAY 30

●**CREATIVE CONNECTIONS #4** An interactive performance-inspiring creativity, poetry, music and dance. For info, Peri Enkin 736-0639.

MAY

WEDNESDAY 4

●**SERENAID FOR AFRICA: BENEFIT** Canadian Red Cross Africa famine relief concert Classical/Jazz/Dance/African. Orpheum, (see Event section).

FRIDAY 6

●**LOVE, SEX, COMMUNICATION WEEKEND** With Phil Laut & Jeanne Miller, May 6,7,8, \$275 (Couples \$495), Oasis of Life, 467 E. 11th Ave., Info. 736-4665.

SUNDAY 8

●**MOTHERS' DAY**

THURSDAY 12

●**MENDING THE SACRED HOOP** With Anthea Francine & Chequeesh Auh-Ho-Oh, Whidbey Island, (see Chinook Events listing) (206)321-1884.

FRIDAY 13

●**EILEEN CADDY and ROGER BENSON** Findhorn at 25, Van. Planetarium Auditorium 7:30 pm \$10 Info: 325-1412

SATURDAY 14

●**EILEEN CADDY and ROGER BENSON** Experience spirit in every day life. Workshop 9:30 am-5 pm Van. Planetarium Lounge \$55. 325-1412.

●**GIVE PEACE A DANCE '88** 12 Hours of great music & dance in support of children in Central America & Peace. (see Events section).

MONDAY 16

●**VANCOUVER CHILDREN'S FESTIVAL** May16-23 Tickets at all VTC/CBO outlets. Call 280-4444

THURSDAY 19

●**CREATIVE INTEGRATION WORKSHOP** Powerful tools for personal growth & meaningful change. 6 eves. Karie Jansen 681-8507 see PTC.

FRIDAY 20

●**YOUTH COMMUNICATION & THE ARTS** International symposium on site at the Vancouver Children's Festival May 20-23. Call 687-7697.

MONDAY 23

●**VANCOUVER BURNS DOWN 1886** Vancouver burns to the ground in 20 minutes, May 23, 1886.

WEDNESDAY 25

●**THE POWER AND USE OF CRYSTALS** Vancouver White Lodge hosts this evening of fun and information at 3589 Granville St. 7:30 pm, \$5.

THURSDAY 26

●**LEARN TO LOVE YOURSELF NOW!** Experience loving yourself unconditionally in the moment. May 26 Info. call Sherry Taylor 731-4399.

FRIDAY 27

●**INFANT MASSAGE CERTIFICATION** Instructor training weekend workshop May 27-29. (see Family section.) Info. call Heather 437-8036.

SATURDAY 28

●**POLARITY THERAPY WORKSHOP** Learn and experience a general session: a powerful energy balancing approach. Call Don 874-3932 or 254-0940.

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MONDAY 30

●**FOOT REFLEXOLOGY EVENING CLASS** Five Mondays 7-10pm \$120 or \$105 before May 23rd., Reflexology Centre of Vancouver. Call 875-8818.

FUTURE

JUNE

FRIDAY 3

●**CANADIAN SOCIETY OF QUESTERS** 9th Annual convention of Dowzers/Diviners, UBC—Gage Complex, June 3-5. call 224-1726, 298-1891, 946-8162.

WEDNESDAY 8

●**STANLEY PARK IS CONCEIVED 1887** Vancouver's request that the Government Reserve be used as park land is approved by Order-In-Council.

SUNDAY 19

●**FATHERS' DAY**

MONDAY 20

●**SUMMER SOLSTICE**

FRIDAY 24

●**THE WRITERS' WAY** Activate full creative expression! Free the writer within! June 24-26. Call Peri Enkin, 736-0639.

JULY

WEDNESDAY 24

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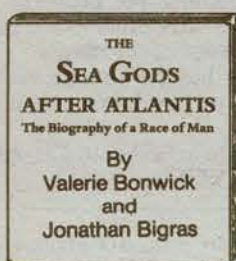
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EDUCATION



COUNSELLOR TRAINING & REFERRAL

The Conflict Training Institute is now accepting applications for the Counselling Instruction Course. Upon successful completion of a minimum of six one-day workshops and six individual conferences, participants will receive the "Certificate of Professional Development in Counselling" and may provide counselling on a fee-for-service basis for clients from the Counselling Referral Service of CTI. Additional con-

ferences may be taken to achieve a desired level of expertise.

Course topics include: Clinical Assessment, Crisis Intervention, The Counselling Process and Therapeutic Interventions, Loss and Grief Counselling, Relationship Counselling, Conflict Resolution Skills, and Counselling Supervision. April 11-15 (five one-day workshops) 9 a.m. to 4 p.m.
Tuition: \$500 (one-day workshop in

September: \$100; individual conferences: \$75 each; financial assistance available).

Place: Ramada Renaissance Hotel, 1733 Comox, VANCOUVER.

Registration: To receive an application and course outline, phone Dan Keenan, 929-7194.

CTI is registered as a private training institution by the B.C. Ministry of Advanced Education and Job Training.



G E T I Gestalt Experiential Training Institute

The Gestalt Experiential Training Institute, now in its sixth year, invites applications for its next Training Program, beginning September 1988. This is a part-time course, occurring one evening a week and one week-end per term.

Training includes the Gestalt approach to Group Process, Two-chair Work, Focusing, Art, Dreams, Fantasy and Body Work.

G.E.T.I. is a registered Educational Society. Fees are tax-deductible.

For details, contact the Director, D. Bate, at 922-5793, or write to: 1747 Gordon Avenue, West Vancouver, V7V 1V4.

Note: Individual/Couples therapy, at affordable prices, is available from third-year students under supervision.



New Learning Society

The New Learning Society is a community of parents, children and educators working to provide a nurturing, supportive learning environment. We operate a school for children from 5 to 11 years of age.

The school offers programs that meet each child's needs at her/his own dev-

elopmental level. The child learns to interact as a responsible member of a small group. We are co-creating a curriculum that recognizes the integrity and beauty of each child.

We use innovative learning techniques, as well as tried and true methodologies, utilizing our own and the community's

resources.
We have openings for children between the ages of 6 and 11. We are also looking for teachers who are interested in joining our community.

For information call: 683-2015 or 294-0554, VANCOUVER.



Healing Bodywork Center

BODYWORK CLASSES

Learn to:

- Give a full body treatment
- Recognize and zero in on tight areas
- Achieve a greater awareness of one's total being
- Acquire sufficient training for personal or professional work
- 10-week program. Tuesday March 29 or Wednesday April 6, 7:30 p.m.

Catherine has extensive training in Shiatsu, Reiki, MariEL Healing, Reflexology, Polarity, Anatomy, Physiology & Kinesiology. She worked for eight years in Minneapolis as a Certified Massage Therapist.

WORKSHOPS

Shiatsu—Learn this relaxing, healing technique. Two Saturdays—April 23 & 30, 10 a.m. - 4 p.m.

Back Workshop—Designed for those

who love to get a back treatment and want to know how to give a good one. April 26 or May 4.

Expanding Awareness—4 Thursday evenings exploring our psychic abilities, visualization, and relaxation. \$6 per evening or \$20/4.

Call Catherine 875-0738,
VANCOUVER.

See Health, Healing, & Bodywork Section.



Heartwood Institute

Heartwood Institute is the center for professional training in Massage Therapy, Hypnotherapy, Transformational Therapy, Polarity Therapy, Clinical Nutrition and Natural Health Counseling.

One and two week intensives are offered throughout the year for certification, career enhancement and personal transformation. Call for information.

Three and nine month residential

certification programs are the core of the comprehensive career training provided by Heartwood. Summer Quarter starts May 23rd. Fall Quarter starts August 29th. Send \$2 for catalog or call Director of Admissions.

The learning environment blends the warmth and support of a nurturing community, a profoundly beautiful wilderness setting, a sensitive and talented faculty, and ten years of experience as a

healing arts training center.

Heartwood is approved by California State Board of Education, American Massage Therapy Association, Board of Registered Nursing, American Council of Hypnotists' Examiners, and Veterans Administration.

Heartwood Institute, Ltd., 220-CG Harmony Lane, GARBerville, CA 95440. Phone 707-923-2021.



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Department of Education and Internationally accredited advanced training for health professionals, teachers, and advanced students.

Deep Muscle Massage, Spinal/Joint Mobilization, Movement Patterns Analysis and Repatterning, Emotional/Stress Release Therapy, Tai Chi, Yoga, Zen Meditation. Emphasizing teaching clients new skills for continued improvement. Northern New Mexico Highlands, hot-

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I) Summer Intensive Training, 7/16 - 8/14, \$1300, room/board/tuition, includes Massage Certification and Educational Therapist Certification.

II) Professional Intern Training, 8/14 - 8/28, \$600 complete. Emphasizing clinical applications from course I, practicing with clients and leading groups. Addi-

tional classes in Homeopathy, Hypnotherapy, and Cranial-Sacral Manipulation.

III) Personal Development Course, 8/14 - 8/28, \$600 complete. Open to anyone. Following one's own schedule; personal sessions and various classes daily.

For complete catalog, contact: **Institute For Educational Therapy, P.O. Box 4777; Berkeley CA 94704; (415) 525-6666.**



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John Bastyr College offers an intensive, accredited four year residential program leading to the **Doctor of Naturopathic Medicine** degree.

The N.D. program is structured to educate individuals who wish to practice humanistically oriented family medicine as naturopathic physicians. It includes comprehensive training in medical sciences and natural therapeutics includ-

ing nutrition, botanicals, homeopathy, counselling, physical therapy and Oriental medicine. US and Canadian licensing.

JBC also offers **B.S. and M.S. nutrition degrees.** These programs are the leading edge of nutrition information and nutrition training. The programs are scientifically based with a therapeutic counselling emphasis.

Financial Aid is available.

JBC is expanding its offerings in **Acupuncture and Oriental Medicine.** Degree programs are being proposed for the Fall of 1988. For the latest information contact the College.

John Bastyr College, Suite CGV, 144 NE 54th Street, SEATTLE, WA 98105, (206) 523-9585.



The Kootenay School of Rebalancing offers its second six month course beginning September 15, 1988. The school is situated in Nelson, B.C., a beautiful retreat setting in the mountains on a lake.

The course focuses on deep tissue bodywork and includes many other facets

to make rebalancing complete in itself, including: joint release, body readings, emotional release and training, body awareness (psychophysical method), anatomy, psychic awareness, meditation and psychic healing.

This course is offered for those wishing to engage in bodywork as a vocation

and for those seeking greater understanding of themselves and others. A six month course allows great opportunity for transformation.

Fee: \$4,000. Information: Relaxation Plus Clinic, 308 Victoria Street, NELSON, B.C. V1L 4K4 Canada (604) 354-3811.



SHIATSU SCHOOL OF CANADA

PROFESSIONAL TRAINING IN SHIATSU THERAPY

The **Shiatsu School of Canada, Inc.**, a new school with Japanese-style training in Shiatsu, offers a full-time Diploma program with courses in Shiatsu therapy, Oriental therapy, anatomy, physiology and pathology. Students receive practical

experience in an intern clinic. The course commences each September, and is completed in 1-1/2 years.

Shiatsu, Japanese finger pressure massage, is a therapeutic modality that is quickly gaining popularity in Canada due to its effectiveness in relieving stress-related conditions and improving the

body's constitution.

We are a Private Vocational School registered with the Ontario Ministry of Colleges and Universities.

SHIATSU SCHOOL OF CANADA, INC. 547A College St., TORONTO, Ontario M6G 1A9. (416) 323-1818.



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WHAT'S THE DIFFERENCE?

Dr. Rudolf Steiner, founder of the new Art of Education, saw the development of the child as a recapitulation of the cultural evolution of Mankind, which in turn was a recapitulation of the wider cosmic evolution. In the years of growth and learning, the child relives, in con-

centrated form, the mighty cycles of the past.

Rudolf Steiner developed a curriculum which reflects these cycles and which offers their fruit for the **nourishment of the child at just the right time.**

IT CAN MAKE ALL THE DIFFERENCE

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The Vancouver Waldorf School, 2725 St. Christophers Road, North Vancouver, B.C. V7K 2B6. Call: 985-7435.

NATIONAL COLLEGE OF NATUROPATHIC MEDICINE



Become a **holistic doctor**. Learn the art of healing at the oldest Naturopathic Medical School in North America: National College of Naturopathic Medicine (NCNM). Our intensive four-year program, leading to licensure as a **Doctor of Naturopathic Medicine (N.D.)**, is built on the premise that nature, indeed the body itself, is the most powerful healer of all.

NCNM trains Naturopathic physicians in the application of natural therapeutics to stimulate the body's own healing power. Study in standard medical sciences is followed by clinical training in diagnosis, therapeutics, and preventive medicine.

Treatment methods include homeopathy, nutrition, manipulation, natural obstetrics, Chinese medicine, psychology, and botanical medicine.

National College of Naturopathic Medicine, 11231 SE Market St., PORTLAND, OR 97216, (503) 255-4860.



West Vancouver Finishing School

When you hear the words "finishing school," do you think of white kid gloves and the afternoon tea ritual? That's not what we are talking about at the **West Vancouver Finishing School!** At OUR finishing school we teach business people and students to stand

up and speak with confidence... to produce dynamic resumes and sales presentations... to be at ease in any business or social situation, and a great many other business and personal skills. AND... we also teach etiquette, because good manners are good business.

Enroll now for the Fall Semester. We have day, evening and weekend classes where you can learn to handle everything from chopsticks to computers. Register for the Fall term now! 1069 24th Street, **WEST VANCOUVER, B.C. V7V 4H1, 922-8795.**

THE BRITISH COLUMBIA SCHOOL OF ART THERAPY

... offers a two-year graduate level 'Diploma in Clinical Art Therapy' — including lecture presentations, experiential studio work and supervised field work.

Write: B.C. School of Art Therapy, 1931 Lee Avenue, **VICTORIA, V8R 4W9.**

Call: (604) 598-6434.

HANDWRITING ANALYSIS

A time-tested key to personality evaluation for many uses: business and personal compatibility, personnel selection, vocational guidance, and family counselling. Courses also available.

Special offer: Thumbnail sketch: \$15. North American Institute of Graphology Inc. 7581 - 6th St., Burnaby, B.C. V3N 3M4, **525-9111.**

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Author of *The Urgency of Change, Think on these Things, Freedom from the Known, The Ending of Time.*

Centre open Monday to Friday, 9 a.m. - 4 p.m. Wednesday videos 7:30 p.m. Books, audios and videos are available.

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Stress-free, rapid learning system. **Books and tapes available.**

Special music for learning and memory training: language programs mind/body exercises for relaxation and health enhancement; sports — creative running and tennis flow. (Distributors wanted)

For information and catalogue, write: #105-1290 W. 11th Ave. **VANCOUVER, B.C. V6H 1K5.**

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See ad page 63.

FAMILIES, CHILDREN & CHILDBIRTH

GOLDEN DREAM MURALS



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A fresh new decorating idea. The gift of animation for your nursery or play room walls. Enjoy the Sesame Street family or any of your child's favorite story book characters.

These delightful creations are available to you at surprisingly reasonable rates. Painted in brilliant tempera colors, fin-

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Drop by the store and ask about our birthday specials or phone for an in-home consultation. Free estimates given on any mural you may have in mind.

These life-like characters bring color, love and laughter to any room.

Call Cindy or Pat at **876-4455 P.R.** Designs & Golden Dream Murals, 107 W. Broadway at Manitoba.

Store hours 10:00 a.m. - 6:00 p.m. Monday - Friday, Noon - 6:00 p.m. Saturday.



INFANT MASSAGE

Instructor
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INFANT MASSAGE

...for a better beginning

Infant massage improves the quality of parenting and family life and promotes well-being for the baby. Massaging a baby: helps baby to relax, relieves stress, strengthens and regulates respiratory, circulatory and gastrointestinal

functions and enhances loving communication between caregiver and baby.

Train to be an Infant Massage Instructor with Diana Moore, B.S. Ms.T. Director of Programs and Instructor Trainer for the International Association of Infant Massage Instructors.

Weekend Workshop May 27, 28, 29 Vancouver Health Enhancement Centre.

For more information and application call or write: Diana Moore, P.O. Box 16103, Portland, Oregon U.S.A. 97216-0103 (503) **253-9977.**

Local contact: Heather Knox **437-8036.**



Therapy & Workshops

CHILD-PARENT RELATIONSHIPS

"Acting out", "Withdrawal", and inhibiting curiosity and the desire to learn are ways children inform adults that something's wrong. Many child rearing practices fail because they are humiliating and manipulative (e.g., discipline, positive and negative reinforcement, rules, consistency) rather than respectful and honest. Children want their parents to be present in the moment with their real, honest responses. Truth

may be painful; denial creates craziness.

Workshops:

Loving Ourselves—A Gift For Our Children (for exhausted parents—examines our struggle to nurture ourselves. Wednesday, 4 May. Fee: \$45.00)

Authenticity in Child-Parent Relationships examines the lies we tell our children and the price we pay because we fear facing the truth. Wednesday, 18 May. Fee: \$45.00

Living With Chronic Pain examines

the interplay between emotional and physiological processes; the effects on intimate relationships and life in general; practical ways of coping. Wednesday, 27 April. Fee: \$45.00

Individual, couple, family therapy; **video feedback** for child-parent interactions.

Jennifer Shifrin, M.Ed., M.A. Offices in Vancouver and North Vancouver. Phone **738-0211; 985-3544.**

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WOOMB-B.C. offers instruction to avoid or achieve pregnancy, using the Ovulation method. This method is highly effective, through all phases of a woman's fertile years, (Breastfeeding, Pre-Menopause, Pill Withdrawal, etc.)

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Peek into a party or class of Judy's and you'll see funny fish, jelly monsters and kids clapping, dancing, giggling and singing their hearts out.

Call about hiring this professional entertainer/pre-dance instructor for your party, special event or class.

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Professional, educational and fun! Help spread the spirit throughout B.C. by inviting me to your community **Beryl Amaron, 1-762-2033, KELOWNA.**

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West Van's 'Gourmet' Natural Food Store - Large selection of organic produce, bulk foods, full deli, 'Monte Cristo' breads & pastries, bagels, 'Uprising' breads, range eggs.

100 Canadian & international cheeses, fresh pasta, homemade salads & 'Capers' sea-view cafe - quality home-cooking from 8:30 a.m. - 5:30 p.m.

Capers in Dundarave, 2496 Marine Dr. **WEST VANCOUVER**, Mon.-Fri. 8-7; Sat.-Sun. 8-6. 925-3316.



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We have a great selection of natural vitamin & mineral supplements as well as bulk health foods and freshly-baked energy muffins & cookies.

Enjoy some herb tea while browsing through our books or ask for friendly

nutritional advice. We want you to experience wellness in life and can counsel you to achieve this for yourself! *Come and talk to us.*

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Quality, "live" juices, produced the old-fashioned, natural way are available year-round from the **Dharma Juice Co.**

Our "live" juices are 100% pure, made from fresh, whole fruits and vegetables, with nothing added or boiled away. **Dharma Juices** are unadulterated by additives or preservatives and unaltered

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"Live" juices contain all the vital minerals, vitamins and enzymes that are found in the raw foods from which they are pressed. Because these nutrients are so readily assimilated, they replenish our bodies with "instant energy" and nutrition. Consequently, our juice is natural

and of the finest quality.

To enhance or rejuvenate your health and energy on a daily basis, Dharma's "live" juices will serve you well.

Found at your local Health-minded stores or call (206) 734-6157, **BELLINGHAM**, Wa.

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Please come and let our friendly, knowledgeable staff help you make informed health choices.

We have world leading cosmetics, the finest vitamins and minerals available and books galore. We also carry good organically grown food, including apples, oranges, and lemons, plus herbs, nuts

and seeds.

For your kitchen we offer a selection of juicers and vapor control cooking pots. And to refresh you we have in-store-baked muffins and cookies plus freshly squeezed carrot juice.

We'll advise you as much as we are able and refer you to well known doctors

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A New Year A New You

Announcing The New 1988 Model You

The New 1988 you features many improvements over last year's model: sleeker lines, better performance, rosier cheeks.

Runs on Natural Gas: The new you delivers increased pep and performance, because it runs on premium fuel: natural foods.

Excellent Fuel Economy: The new

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Needs Fewer Repairs: Through nutrition your body can repair itself, if given a chance.

The **Healthy Gourmet** is a mini-market within the larger **Granville Island Market**; this means you can do every bit of your grocery shopping at one convenient location and every bite your family eats can be completely natural! Low fat cheeses; goat's milk

products; wheat-free, yeast free products as well as sugarless organically grown food...etc.

Granville Island is booming, so much to discover, to enjoy!

So come on in today and see what you have been missing!

The **Healthy Gourmet** — Granville Island Market open Tuesday through Sunday 9 a.m.-6 p.m. Tel. 685-6639.

Watch for summer hours!

The Healthy Gourmet



Nature's Own

Sweet Kiss

Introducing **NECTAR OF HONEYLEAF**, the safe, natural sweetener. Used by South American Indians for over 100 years, this concentrated extract of the leaves of the *Stevia Rebaudiana* shrub is approximately 40 times sweeter than sugar, yet contains 1/300th the calories. It has anti-bacterial, anti-yeast, and anti-fungal properties, and is non-toxic

and non-carcinogenic.

Latin American and Japanese research has shown that **HONEYLEAF** is also beneficial for blood sugar regulation and in stimulating mental alertness and countering fatigue. Additionally it facilitates digestion and regulates metabolic (including kidney) function and blood pressure. More recent studies demon-

strate that **HONEYLEAF** also inhibits oral bacteria and prevents tooth decay.

HONEYLEAF can be used in cold and hot liquids, and also in canned fruits, breads, cakes, cookies and jams.

NECTAR OF HONEYLEAF is now available at better health food stores everywhere.



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For fifteen years the **Lifestream Natural Food Stores** have been proud to serve the people of Vancouver with their unique selection and variety of food and personal care items.

With a trained knowledgeable staff and our sincere commitment to quality and personal service, **Lifestream** offers a

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You can find everything from fresh fruits and vegetables to magazines and soyfoods. Visit our Natural Food Deli and Cheese department.

We carry the largest selection of **macro-biotic foods** and **organic produce** in

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When you want to buy natural foods, visit **Lifestream Natural Food Stores:**

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New Roots Nutrition: We still offer the best prices on quality brand name vitamins including:

- hypoallergenic formulas
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- cell salts, homeopathic
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- refrigerated nuts, seeds, juices
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We also offer hard to find products by mail order:

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Come and visit our store and let our friendly, knowledgeable staff assist you in selecting an individual supplement program for your personal needs. Write us for a catalogue.

New Roots Nutrition, 2581 W. Broadway, **VANCOUVER**, B.C. V6K 2E9 (604) 734-4536.

SUMMER ISSUE DEADLINE: April 29, 1988
THEME: Creative Adventures



New
in
Vancouver

Martin Barnett, Ron Hansen, Bau Tran, Megan Hughes, and Zama Jason have been operating the newest **Rising Star Bakery** for about two months.

Many of you have tried our products and indicated that you were pleased by coming back for more, or trying other products.

Some of you have bought the special dietary products, and made suggestions for others that would meet your special dietary requirements, needs or interests. Thanks.

In **VICTORIA** stores are at the market at Hillside Centre, **598-3515**, and at

1320 Broad St., **386-2534**.

In **VANCOUVER** the store is at **2685 W. Broadway** (the old Banyen Book store). **734-4113**.

If you have any questions or are interested in receiving a wholesale price list, give us a call.



2670 Shaughnessy
Port Coquitlam
942-5612
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Health and Peace work from the inside-out. We nurture both with: organically grown fruits and vegeta-

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We grow Wheatgrass and sell nuts and seeds, grains and legumes, books and cosmetics. We grind peanut-butter and stone-grind grains; bring container for bulk honey at \$1.09 lb.

Certified Iridologist available.
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"Chlorella is the Jewel of the Orient. One of the greatest health treasures of all time—a food that belongs in the consciousness of man. I believe Chlorella may be the right supplement at the right time in man's history to make up for global food deficiencies and lift up the health level of all mankind." - Dr. Bernard

Jensen from his 1987 book, *Chlorella, Gem of the Orient*.

Chlorella is a most unusual single-celled plant, rich in nucleic acids and chlorophyll, with an extremely high cell multiplication rate. Chlorella detoxifies, stimulates the immune system, improves bowel function, enhances tissue repair,

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• Groceries (regular, low and no sodium products.)

- Bulk food, herbs, spices, grains, nuts, honey.
- Natural cosmetics
- Macrobiotics
- Books

Featuring in our vegetarian restaurant: hot and cold buffet with daily fresh salad bar; exquisite variety of international hot dishes; and freshly squeezed fruit juices.

Open seven days a week.
Store hours: 10 am - 8 pm, Sat.-Wed.; Thurs.-Fri. 10 a.m. - 9 p.m.
Restaurant: 11:30 am - 9:00 pm
Woodlands Natural Food Store and Restaurant, 93 Lonsdale Ave. **NORTH VANCOUVER**, B.C. **985-9328**, **985-9329**.

**REGENERATIVE
WHOLE FOOD CONCENTRATES**
See ad page 58.

GLOBAL & SOCIAL CHANGE



**Animal
Defense &
A.V. Society
of B.C.**

AIDS

This is the latest plague to come out of the animal labs (vivisection). The Animal Defence & A.V. Society has a detailed documented report called "BIOHAZARD," which gives evidence that **AIDS IS A LABORATORY MADE DISEASE**. Over a thousand scientific papers have been published to prove that AIDS virus was created by Ameri-

can experiments where animal viruses were injected into different animal species, a process which can cause the original virus to **mutate** and to develop into a new form.

Incredibly, animal experimenters (vivisectioners) continued again and again to inject animals with viruses about which they **knew virtually nothing**, and with **no idea of the consequences**. That

they continued to do so, was to **beg for disaster**.

Read the facts in the "BIOHAZARD" report... soon available.

Volunteers needed to continue our work. Volunteer's forms available.

The Animal Defence & A.V. Society of B.C. P.O. Box 391 Postal Station "A", **VANCOUVER**, B.C. V6C 2N2. Tel. **733-3486**.

**FREE TRADE
It will cost us
Canada**

FREE TRADE: IT WILL COST US CANADA

Let there be no mistake about it: The deal Brian Mulroney has signed is not "Free Trade" but a **treaty for the economic and political union of Canada with the United States**.

Mulroney gives U.S. complete access to oil, gas and hydro. Over the next

seven years Canada and U.S. **agree to harmonize all laws**. This will include Medicare and Unemployment Insurance. Over 150 categories in the Service Sector are included. Stop the treasonous push to integrate Canada with U.S.

DEMAND there must be no ratification of a Free Trade Treaty without a

General Election.

Confront all supporters of free trade; write letters, call radio programs, etc.; Pressure all political parties.

For more information: Citizens Concerned About Free Trade. Tel (604) **255-9794** or **874-3995**. Main post office, P.O. Box 2798, Van., B.C. V6B 3X2.

**Western
Canada
Wilderness
Committee**



Join the Western Canada Wilderness Committee and help conserve our most precious heritage!

The Wilderness Committee registered as a Society in B.C. in 1980, and received federal charitable tax status the same year.

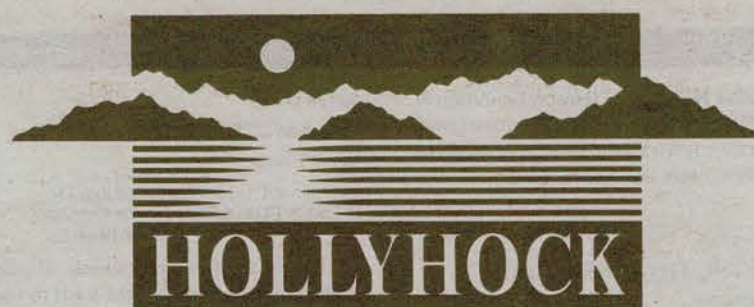
Annually since then we have published a full colour Endangered Wilderness

Calendar, featuring the most threatened areas needing protection in western Canada. We have also published over a million copies of free informational brochures and newspapers and nearly 100,000 posters and buttons.

In 1985 we published our first book, *Meares Island: Protecting a Natural Paradise*.

We distribute our publications widely in order to carry out our objective—**wilderness preservation through public education**. Your support will help us succeed.

Contact: **Western Canada Wilderness Committee**, #103-1520 West 6th Ave. **VANCOUVER**, B.C. V6J 1R2, (604) **731-6716**.



A holiday that heals

Since 1982, Hollyhock has quietly gained an international reputation for the quality of its programs, its superb natural setting and the care and attention given to guests by the resident community and staff.

Here you can meet interesting and like-minded people, or, if you choose, find the solitude and quiet you need. Swim in the ocean, play the piano in the lodge or sit in the shade of a tree while eagles soar and the tide whispers across the sand. Morning meditation and yoga classes are part of our daily workshop schedule and our kitchen is famous for its fine vegetarian and seafood cuisine.

Hollyhock is located on Cortes Island, about 150 kilometres north of Vancouver and is accessible by ferry from Campbell River. It is situated on 23 acres of spectacular ocean-front property with organic gardens, orchard and forest. Comfortable guest accommodation, workshop buildings and lodge.

We warmly invite you to Hollyhock, to an atmosphere of ease and caring where you can take a vacation while learning skills and practices that will enrich your life. Whether you come for a workshop or a retreat, a few days or a month - we promise you a holiday that heals.



W O R K S H O P S I N T H E
P R A C T I C A L , C R E A T I V E
A N D H E A L I N G A R T S .

APRIL - MAY

APRIL 25 - MAY 9

CELEBRATE THE FEMININE

Carol Stewart & Toni Pieroni

The feminine self is the inner world in which we hold the treasure of our individuality and sense of personal value. During the workshop, each of us will reach for a connection with that inner self through Tarot symbols.

Carol Stewart is an educator and counsellor. Her experiences in personal development, therapy, Tarot, Qabala, and video combine in a unique and supportive style of working with people.

Toni Pieroni is a work/life consultant in private practice. She brings her video skills to the workshop.

Tuition, room & board: \$1,250

MAY 10 - 22

CHOP WOOD, CARRY WATER

Hollyhock Community

Join us for a spring work retreat. We will be repairing fences, turning and mixing soil, starting seeds, putting in the garden, working in the orchard, repairing effects of winter storms, and putting additions onto buildings. There will be morning yoga and meditation sessions, and we will cook for each other in the lodge kitchen.

Tuition, room & board: \$250 and five hours work per day. There is a maximum of 15 participants, and it is recommended to book early.

MAY 10 - 17

QUEST FOR THE FOOL'S SECRET

Judith Lee

The quest begins with a question that unlocks a path inward, to self discovery, and to celebration. You are the seeker, the adventurer in this seven-day quest into the deeper meaning of your own life's journey.

Judith Lee has studied and worked with Tarot and Qabala for many years, helping people to stimulate creativity and encouraging people to celebrate their lives.

Tuition, room & board: \$750

MAY 27 - 29

A WEEKEND FOR COUPLES

Don Mainwaring & June Cable

A workshop for couples who would like to enhance the quality of their relationship by learning skills in the art of communicating both love and conflict. In a supportive environment with assistance from experienced leaders participants will learn to define and communicate their personal values as well as their family values.

June Cable & Don Mainwaring have been working with couples for five years.

Tuition, room & board: \$190 per person

MAY 31 - JUNE 5

PAIN, PANIC & REALITY

Peter & Heather Nunn

With ten years' experience working with patients experiencing chronic pain symptoms, Peter and Heather Nunn will share their observations and successful techniques. The workshop is both for people with chronic symptoms who would like to learn self-healing techniques, and for professionals in the pain and stress field.

Peter Nunn, M.D., is a former general and orthopedic surgeon, now Medical Director of the Victoria Centre for Complementary Medicine.

JUNE

Heather Nunn, B.A. (Health Education & Counselling), is Educational Director of the Victoria Centre for Complementary Medicine. Tuition, room and board: \$485

JUNE 7 - 12

RELEASING THE INNER VOICE

Ann Mortifee

This is a workshop for anyone, regardless of experience with singing. It is a chance to release the inner voice. This is not a technical workshop, but rather an opportunity to open up and sing, to remove the blocks that keep us from full self-expression.

Ann Mortifee is an inspired and inspiring singer. She performs with the Toronto and Victoria Symphonies, has written the children's opera, *A Rose Is a Rose*, and the musical, *Reflections on Crooked Walking*.

Tuition, room & board: \$525

JUNE 7 - 12

REIKI

Rick Bockner

Reiki is the life force that animates our universe. A hundred years ago, in the 1880's, Dr. Mikao Usui developed in Japan a method of utilizing this life energy to promote physical, emotional and spiritual healing and well being. This course will take the participants through First Degree Reiki.

Rick Bockner, a student of Mrs. Hawayo Takata who brought Reiki to the west from Japan, has taught Reiki for eight years.

Tuition, room & board: \$485

JUNE 14 - 19

THE SCIENCE & ART OF HERBOLOGY

Rosemary Gladstar

This comprehensive introductory course will include wild herb identification, drying and storing, medicinal herbology, preparations and formulas, natural cosmetics, sea weed walks, psychic attunement with plants, and the ceremonial use of herbs.

Rosemary Gladstar is the founder of the California School of Herbal Studies and Rosemary's Garden, an apothecary from which she distributes traditional herbal products.

She has taught herbal studies at Sonoma State University and at the University of the West Indies.

Tuition, room & board: \$525

JUNE

JUNE 14 - 19

DREAM DISCOVERY

Joyce Frazee

"A DREAM THAT IS NOT UNDERSTOOD, IS LIKE A LETTER THAT IS NOT OPENED."

- THE TALMUD

The dream that seems so real, so tangible is really a miracle of metaphor, a gift to yourself from yourself. Opening to the dreamer in one's self, and to the insights of these dreams is a skill that can be taught. Participants in this workshop will learn to draw nourishment and encouragement from the unconscious through their dreams.

Joyce Frazee is a Gestaltist, a former student of Fritz Perls, in private practice in Vancouver, B.C. She teaches dream workshops in Vancouver and at Esalen Institute in California, as well as her very popular course at Hollyhock.

Tuition, room & board: \$485

JUNE 21 - 26

BODY TALK: LISTENING TO THE WISDOM OF OUR BODIES

Philip Wood & Ronski Kosky

A workshop for service professionals and other individuals who wish to develop bodywork techniques and awareness. The quality of one's giving can be enhanced by caring for oneself. Through hands-on experience, as receiver and giver, we will begin to learn how to heal the bodymind.

Philip Wood is a resident of Hollyhock Farm where he coordinates the bodywork activities. His work combines Reichian techniques, Shiatsu, Swedish massage, breath awareness, and presence to integrate, release, and free the body.

Ronski Kosky is a teacher, bodyworker, health counsellor, and co-leader of the intensive residential programme at the Victoria Centre For Complementary Medicine. His work combines bodywork techniques, classical medicine, modern healing methods, and eastern philosophies and techniques.

Tuition, room & board: \$485

JUNE 21 - 26

STALKING THE SPIRIT

Connie Martin

During this workshop we will drum, dance, tell our own stories as well as ancient myths, and enter the sacred sweat lodge to replenish and challenge the one within who stalks the

JUNE - JULY

spirit. Come prepared to enter the world of ritual and prayer in the Native American tradition and to share your dreams, longings, joys, and fears with other hunters. Bring with you your heart.

Connie Martin is a poet, storyteller and seeker, known for her powerful performances and dynamic work with groups. Connie will be assisted by Kevin McCabe, a licensed massage therapist.

Tuition, room & board: \$485

JUNE 24 - 26

BASKET WEAVING WITH NATURAL MATERIALS

Gretchen Peters

Gretchen will introduce natural materials including cedar and spruce roots, alder, willow, maple and spirea shoots, tule rushes, and more. She will demonstrate the techniques used to make functional and decorative baskets, and participants will make their own baskets from their chosen materials.

Gretchen Peters is a self-taught basket-weaver. She works with the rhythm of the seasons, gathering materials in the spring and early summer, and weaving throughout the year.

Tuition, room & board: \$190

JUNE 28 - JULY 3

THE LOST FATHER & THE LOST MOTHER

Robert Bly & Ruth Bly

Early in our lives many of us send away the child inside, particularly the shamed child. How does this abandoned child influence us from below and from inside? How can this child be spoken to or refound.

Both ancient myth and contemporary psychology have much to say about healing in these situations. We will refer during the seminar to the work of Alice Miller and James Hillman among others.

Robert Bly is one of America's most outstanding and influential poets. His most recent books are *Loving A Woman in Two Worlds* (Doubleday, 1985) and *Selected Poems* (Harper & Row, 1986).

Ruth Bly has studied at the Jung Institute in Zurich. She specializes in dream work, and is a psychotherapist in private practice.

Tuition, room & board: \$590

JULY 5 - 10

TIBETAN BUDDHISM

Lama Tashi Namgyal & Jhampa Shaneman (translator)

Lama Tashi Namgyal will teach the foundations of Buddhism: the Three Precious Jewels, the Four Noble Truths, Samsara, the Six Perfections, and the path that leads to Enlightenment.

There will be daily meditation, ceremonies (pujas), talks, study periods, and discussion, an excellent opportunity to spend time with this renowned teacher and scholar.

Lama Tashi, an Abbot in the Sakya tradition, fled Tibet in 1959. In 1971, at the request of the Dalai Lama, he led a group of Tibetan refugees to Canada and established the Buddhist Dharma Center in Victoria, B.C.

Jhampa Shaneman, studied Buddhism in Dharmasala, India for twelve years, and is fluent in the Tibetan language.

Room & board: \$280 (As with our other courses in Buddhism, there is no tuition charge. Students may make personal donations to the teacher.)





JULY

JULY 5-10

CHANGE: THE LIMITS OF THERAPY
Andrew Feldmar

A workshop for psychotherapists and for clients/patients in psychotherapy, designed to inquire into the benefit, impasses, and possible harm that can result from playing the game of psychotherapy. Can patients help heal their therapists? Can therapists also grow and change? Do therapists make their patients sick?

Andrew Feldmar is a B.C. Registered Psychologist practicing psychotherapy in Vancouver. His workshops at Hollyhock have been very popular, and have a reputation for being challenging and helpful.

Tuition, room & board: \$525

JULY 5-10

WRITING YOUR BOOK

Rex Weyler & Christine Park

A workshop for those who have a book in progress or a book inside them straining to be born, and who wish to develop their craft by applying professional standards. Practical help will be given in the preparation of text, editing, and developing the writer's personal voice. There will be individual as well as group sessions so that each participant will have a chance to focus on areas of special interest.

Christine Park worked for many years as an editor and literary agent in London. Her first novel, *Joining the Grown-ups*, was published by Penguin in 1986. She has also edited a collection of short stories, *Close Company*, published in 1987.

Rex Weyler is the author of *Blood of the Land* (1982), and co-author of *Chop Wood, Carry Water* (1984). His most recent book, *Song of the Whale*, was published by Doubleday in 1986.

Tuition, room & board: \$485

JULY 12-17

COMPLEMENTARY MEDICINE
FOR PHYSICIANS

Andrew Weil, M.D.

More and more patients want their physicians to offer them treatment other than drugs and surgery. This workshop will look at other systems of treatment: homeopathy, osteopathy, chiropractic, Chinese medicine, herbalism, nutritional therapies, placebos, and mental cures, with the purpose of identifying elements in them that can be incorporated into practice by holistically-inclined M.D.'s. Enrollment is limited to M.D.'s, D.O.'s, and medical students. This course has been approved for 35 recommended study credits by the College of Family Physicians of Canada.

Andrew Weil, M.D., is a graduate of Harvard Medical School, practicing physician, and author of many popular books including *Health & Healing: Understanding Conventional & Alternative Medicine*. He is one of the most learned and articulate practitioners of holistic health care, and is a frequent lecturer at universities and medical schools.

Tuition, room & board: \$545

JULY 12-17

THE DREAMING BODY

David Roomy

A workshop designed to give both a conceptual framework and actual experience in how the body acts as the crucible for what Carl Jung called the "process of individuation." As the unconscious communicates through dream

JULY

images and symbols, it also communicates through the body using physical symptoms.

David Roomy is a Jungian psychotherapist in private practice in Washington State and British Columbia. He has trained in Process Work with Arnold Mindell, founder of the Research Society of Process Oriented Psychology in Zurich.

Tuition, room & board: \$525

JULY 12-17

FIRE BY THE SEA:
A PRACTICUM IN CERAMICS

Paul Soldner

Master potter Paul Soldner is known for his pioneering work in North American Raku. During thirty years of ceramic work he has developed a style that draws on expressionism, Buddhism, and Taoism. In discussion, with slides, and in hands-on work, Paul will share his experience with low-temperature salt firing, a new technique that has stimulated enthusiasm among ceramicists.

Paul Soldner lives and works in Aspen, Colorado where he has his home, studio, and pottery equipment company. For six months of each year he teaches at Claremont College in California where he is Professor of Ceramics.

Tuition, room & board: \$525

JULY 19-24

TAI CHI CH'UAN: A WAY OF LIFE

Judyth O. Weaver

Tai Chi Ch'uan is a Chinese discipline of natural, relaxed movement that develops physical and mental coordination. A portion of the first section of the short yang form of Grandmaster Cheng Man-Ch'ing will be taught.

Judyth O. Weaver has taught Tai Chi Ch'uan throughout North America, Europe and Japan since 1970 as an accredited teacher of Cheng Man-Ch'ing's Shr Jung School of Culture and the Arts. She founded the Tai Chi Ch'uan program at Naropa Institute in Boulder, Colorado.

Tuition, room & board: \$525

JULY 19-24

LIVING WELL: BODY, MIND & SPIRIT

Andrew Weil, M.D. & Connie Martin

Total fitness means experiencing wellness of body, mind, and spirit. In this workshop we will learn how to feel well more often by using wise eating habits, exercise, relaxation, breathing, and being. We will talk about food preparation, nutrition, meditation, bodywork, medicinal plants, and dietary supplements, and we will practice massage, chanting, ritual, visualization, and there will be a sweat lodge.

Andrew Weil is a practicing holistic physician, herbalist and author.

Connie Martin is a storyteller and poet. See biographies above.

Tuition, room & board: \$525

JULY 26-31

ADULT CHILDREN OF ALCOHOLICS

Karen Paine-Gernee & Rick Paine

Are you uncomfortable unless you are in control? Do you find it difficult to trust people? Are you overly responsible? Do you deny your feelings, feel lonely, isolated, or often angry? Do others perceive you as confident while you feel inadequate inside? If so, chances are you are still suffering the effects of having grown up in an alcoholic or dysfunctional family.

JULY-AUGUST

Karen Paine-Gernee & Rick Paine are both practicing therapists specializing in the treatment of adult children of alcoholics. Karen's book, *Through the Eye of the Storm*, will be published this year.

Tuition, room & board: \$525

JULY 26-31

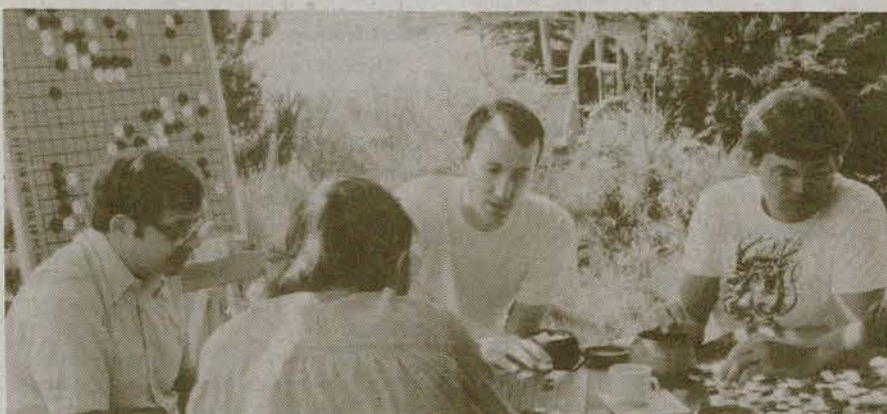
RARE SILK: INTIMACY & SEXUALITY

Charles Steinberg & Torkin Wakefield

In this workshop we will explore both individual and relationship issues of love, intimacy, and sex, using the tools of honesty, forgiveness, and awareness. We will see how the problems that arise in our intimate relationships are the inevitable challenges we need to go further in our personal work. The workshop is structured to meet the unique needs of each individual as well as each couple.

Charles Steinberg & Torkin Wakefield founded the Wellspring Holistic Healing Center in Boulder, Colorado where they conduct their private practices.

Tuition, room & board: \$525



JULY 26-31

GO: A MODEL OF LIFE

James Kerwin

The workshop will emphasize whole-board vision and strategic decision-making, while developing local tactics of play. We will also see how the game teaches us about ourselves, our strengths and weaknesses. Think of this workshop as a mind massage, straightening out the kinks, increasing strength and flexibility, eliminating pain. It can hurt when it happens, but it feels great afterwards.

James Kerwin studied Go in Japan where he attended the Nihon ki-in School as a special student, the first westerner to be accepted as a Go professional. In 1979 he won the shodan section of the Kisei Tournament.

Tuition, room & board: \$485

AUGUST 2-7

A MODERN SHAMANIC INITIATION

Richard Yensen Perez-Venero & Donna Dryer

This initiation is a journey to the source of all that is. We will travel together through altered states of consciousness to the archetypal origins of healing and meaning.

Experiential sessions will combine ritual, visualizations, breath and body work, and specially developed media portrayals of the transformative journey to create the shamanic environment.

Richard Yensen Perez-Venero, Ph.D., is a clinical psychologist who has studied the shamanic tradition with Carlos Castaneda and Maria Sabina among the mushroom healers in Mazatec, Mexico.

Donna Dryer, O.M.D., M.P.H. is a psychiatry

AUGUST

resident at Cambridge Hospital. She has studied with the shamanistic Hmong hill tribes in Thailand, and integrates Western medicine with psycho-spiritual healing.

Tuition, room & board: \$525

AUGUST 2-7

LEARNING TO LOVE:
A WORKSHOP FOR COUPLES

Rick Ingrasci & Peggy Taylor

How to make love stay, is the perennial question for couples. An intimate relationship can remain exciting, go ever deeper, and sustain the love that was there in the beginning. This blossoming into maturity takes work, commitment, and a willingness to set mutual goals and priorities.

Rick Ingrasci, M.D., M.P.H., is co-founder of The Turning Point Family Wellness Center where he has a private practice. Peggy Taylor was co-founder and former editorial director of *New Age Journal*.

Tuition, room & board: \$900 per couple

AUGUST 9-14

THE MARRIAGE OF SPIRIT & NATURE:
KNOWING GAIA

Ralph Metzner

In this workshop we will explore ways to heal the split between humans and the nature within us, to access the deep wellsprings of meaning offered by Grandmother Earth.

We will use methods such as fasting, vision quest, meditation, story-telling, discussion, music, slides, ritual, shamanic journey, and yogic energy work.

Ralph Metzner is a psychotherapist in private practice, dean and professor of East-West Psychology at the California Institute of Integral Studies. He is a pioneer of transpersonal psychology and consciousness research, and is the author of *The Psychedelic Experience* (with Leary and Alpert), *The Ecstatic Adventure*, *Maps of Consciousness*, *Know Your Type*, and *Opening to Inner Light*.

Tuition, room & board: \$525

AUGUST 9-14

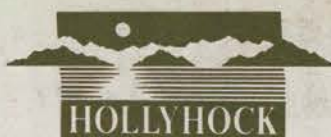
WATERCOLOURS: PAINTING THE
NATURAL ENVIRONMENT

Doug Weyler

This week will be an immersion into the act of creating on paper your personal vision of the inspiring Cortes Island environment, a workshop for artists of all abilities, styles and backgrounds.

You will receive individual as well as group instruction, and we will celebrate our week's endeavors with a group showing for the community, guests and neighbours at Hollyhock.

Doug Weyler, former Professor of Art at Colorado Mountain College, is now a private



Hollyhock, Box 127, Manson's Landing, Cortes Island, B.C. Canada V0P 1K0 Telephone (604) 935-6465

AUGUST

artist and teacher. His work appears in private collections around the world. He is a skilled teacher with the ability to impart both technical knowledge and vision.

Tuition, room & board: \$485

AUGUST 13

6TH ANNUAL CORTES ISLAND CRAFT & MUSIC FAIR

A day of celebration, arts, hand crafts, food booths, and live music. Jugglers, clowns and children's events. Fun.

AUGUST 26-28

THE PRESENCE OF THE PAST Rupert Sheldrake

We will investigate the hypothesis of formative causation, the collective memory of each species. The hypothesis predicts that when some members of each species learn something new, the ability to learn it should increase all over the world. There is already experimental evidence that this remarkable effect occurs. We will consider how our own memories and habits may be influenced by this phenomenon of morphic resonance.

Rupert Sheldrake received his Ph.D. in biochemistry from Cambridge University, is a former research Fellow of the Royal Society, and is the author of *New Science of Life* (Tarcher, 1982), and *The Presence of the Past* (Times Books, 1988).

Tuition, room & board: \$225

AUGUST 30-SEPTEMBER 4

THE HEALING VOICE

Jill Purce

In this workshop we will be exploring the uses of the voice for healing and transformation. We will use magical voice techniques.

AUGUST-OCTOBER

Mongolian and Tibetan overtone chanting, mantra, sonic meditations, and trance. We will find our own inner sounds and also learn to tune and listen together.

Jill Purce is the author of *The Mystic Spiral*. She is a former Research Fellow in biophysics at King's College, and has studied Tibetan overtone chanting at the Gyuto Tibetan Monastery in the Himalayas.

Tuition, room & board: \$525

AUGUST 30-SEPTEMBER 9 SEPTEMBER 12-22

GROF PROFESSIONAL TRAINING Stan & Christina Grof

Both these training sessions are full. Write to the Grofs in care of Hollyhock, if you would like to be considered for a future training session.

SEPTEMBER 24-OCTOBER 2

VIPASSANA MEDITATION Alan Clements

This eight day retreat is designed to offer and support a practical introduction to insight meditation (Satipatthana Vipassana), a simple, systematic, and direct practice for the development of precise awareness.

Alan Clements, a longstanding student of Theravada Buddhism and Satipatthana Vipassana meditation, is currently training under the guidance of the Venerable Sayadaw U Pandita, of the Mahasi Meditation Center in Burma.

Room & board: \$250 (As with our other courses in Buddhism, there is no tuition charge. Students may make personal donations to the teacher.)

OCTOBER

OCTOBER 4-9

THE MEDICINE BUDDHA Chagdud Tulku Rinpoche

Medicine Buddha meditation is the essence of enlightened healing, reducing the mental poisons of ignorance, grasping and anger, and disintegrating the corresponding diseases. Every being in the cycle of suffering can find alleviation in the radiating, purifying, lapis blue light of the Medicine Buddha.

Chagdud Tulku Rinpoche is a meditation master in the Nyingma lineage, a physician of Tibetan medicine, and an accomplished artist.

Room & board: \$280 (As with our other courses in Buddhism, there is no tuition charge. Students may make personal donations to the teacher.)

OCTOBER 4-11

MOON CYCLES: A HEALING JOURNEY THROUGH THE UNCONSCIOUS

Judith Lee

A workshop to explore the mystery of our unconscious through dreams, music, imagery, mythology, tarot, path work, mandalas, and journal-keeping. We will use the mythic Demeter-Persephone theme, the focus question "Where am I wounded?", and we will descend into our own underworld to discover the points of disintegration in our psyche.

Judith Lee has studied and worked with Tarot and Qabala for many years, helping people to stimulate creativity and encouraging people to celebrate their lives.

Tuition, room & board: \$700

OCTOBER

OCTOBER 4-11

CHOP WOOD, CARRY WATER: A WORK RETREAT

With the Hollyhock community

During this fall work retreat we will be harvesting, tree pruning, gathering firewood into sheds, clearing trails, putting the garden and orchard to bed for the winter, and completing some small building projects. There are morning yoga and meditation sessions, and you will have time to walk on the beach, relax in the lodge, take a hot-tub under the moon and stars, make music, or read by the fire.

Tuition, room & board: \$150 and five hours work per day. There is a maximum of 15 participants, and it is recommended to book early.

MAY-OCTOBER

RETREATS AT HOLLYHOCK

If you would like to come to Hollyhock, but not take a workshop, we offer an unstructured retreat program to meet your needs. Our retreat rate, including full room and board, morning meditation and yoga classes, is \$60 per day. During May and June you can take advantage of our special Spring Renewal retreat rates: \$50/day, \$300/week or \$1200/month.

WORK RETREATS

Hollyhock also offers work retreats. See Chop Wood, Carry Water (May 10-22) and (Oct. 4-11). And, during May and June a limited number of other work retreat rates are available. These involve five hours of work per day and include full room and board and morning meditation and yoga classes. For May and June only: \$175/week or \$600/month.

REGISTRATION

DEPOSIT:

A deposit of \$100 is necessary to reserve your workshop choice. You may cancel up to two weeks prior to the event and receive a \$75 refund. If you cancel after that time, the entire deposit is non-refundable. If the course is cancelled due to low registration, the entire deposit will be refunded to you.

PAYMENT:

Payment in full is due before the workshop begins. Please visit the registration office upon arrival.

ACCOMMODATION:

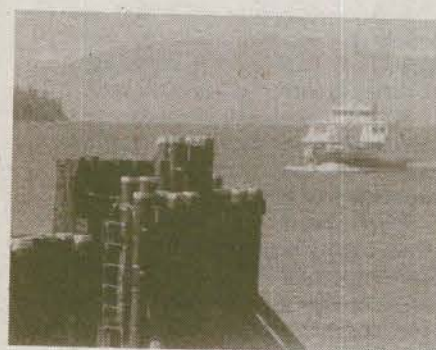
There are a few private double rooms, and these must generally be reserved well in advance. Most accommodations are semi-private and spacious dormitory-style. All accommodations are clean, warm, and comfortable.

WHAT TO BRING:

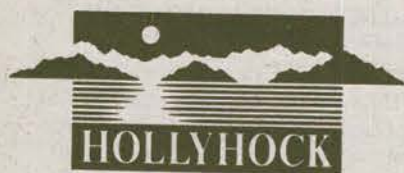
Warm clothes (summer evenings are sometimes cool), rural clothes, a flashlight for moonless nights, rainwear, good walking shoes, and shoes that easily slip on and off.

TO RESERVE WORKSHOPS OR RETREAT DATES:

1. Fill in the coupon below.
2. Enclose a \$100 deposit.
3. Mail it to Hollyhock, Box 127, Manson's Landing, B.C., Canada, V0P 1K0.



All workshops begin with dinner on the opening date and end with lunch on the closing date.



Box 127
Manson's Landing
Cortes Island, B.C.
Canada, V0P 1K0
(604) 935-6465

Please reserve my workshop space!

NAME

ADDRESS

CITY

POSTAL
CODE

PHONE (DAY)

(EVE)

NAME OF
WORKSHOP

DATE OF
WORKSHOP

ADDITIONAL
RETREAT DATES

☐ ENCLOSED IS A \$100 DEPOSIT

☐ VISA

☐ MASTERCARD

CARD NO.

EXPIRY
DATE

☐ I would like to know more about Hollyhock.
Please send me a free 14 page brochure.

Hollyhock, Box 127, Manson's Landing,
Cortes Island, B.C. Canada V0P 1K0 Telephone (604) 935-6465

hEALTH, HEALING & BODYWORK

Advent Health

2021 Columbia Street

DON MCGINNIS
POLARITY THERAPIST



THE ALEXANDER TECHNIQUE

Anatomy for Bodyworkers. Anatomy and physiology as they should be: stimulating, fascinating and useful. For anyone doing hands-on healing who wants to get a solid grasp of what they're working with.

The Alexander Technique

... is a process of re-education through which one may learn to free one's self from the damaging effects of negative habit patterns.

This allows for improvements in co-ordination and functioning, and an

Monthly Workshops. Learn basic polarity techniques to help yourself, family, and friends.

Personal Sessions—I'm proud to announce the opening of my new office at 4th and Columbia. Enjoy watching your

stress and pain vanish in a loving atmosphere.

Advent Health, Don McGinnis, 2021 Columbia Street, VANCOUVER, B.C. V5Y 3C9. 254-0940.



ANCIENT
TIBETAN
ACUPRESSURE
METHODS

Karin Saleh
Certified Acupressure
Royal Acupressure Clinic

I was instructed in original acupressure methods by a native of Tsang Province in Tibet. In my clinic I use **Acupressure** for pain and stress relief, and to stimulate your body's inherent healing powers. I work on the channels of the biological energy: the meridians.

The places where the meridians fill

and gather are called acupressure points. The points are stimulated in order to cause a change in biochemical nervous impulses, blood flow, and hormonal gland secretions.

The body's resistance, weakened by stress, can be restored to its normal condition and healing can begin. I work in close cooperation with the mind, hand, muscle, and intuition.

Other healing techniques I use include energy balancing, hand and foot reflex-

As your understanding of the process grows, you will experience an increased sense of awareness and greater freedom in movement, at work and play.

For information regarding private lessons, please call **Marta Hunter, 689-1285**. Certified Alexander Teacher. **VANCOUVER.**



AROMA
THERAPY

Margaret Gabriel

AROMATHERAPY is a treatment using essential oils obtained from plants, flowers and leaves. Hakim Chisti (in *The Book of Sufi Healing*) states that essential oils 'create an irresistible invitation of kindness and sweetness to the next stage of evolution.'

The 1-1/2 hour session begins with an attunement between practitioner and

client and consists of a full body massage with essential oils and a facial with floral lotions. Gentle taped music is played while fragrant ionized air is diffused.* The session concludes with the partaking of hot herbal tea.

Margaret recently was a group focalizer at the **SPIRIT OF HEALING CONFERENCE** held at the Findhorn Founda-

tion and is the contact person for Caroline Myss and Bert Elliott.

*The **ECOLOGICAL**, gift certificates, essential oils, potpourris and herbal sleep pillows are for sale.

Tel. (604) 688-5880; #16, The Manhattan, 784 Thurlow Street, **VANCOUVER, B.C. V6E 1V9.**



Alannah
Ashlie

ALIGNMENT
PHYSICAL • EMOTIONAL
SPIRITUAL
CranioSacral Work
Transpersonal Counselling
PRIVATE SESSIONS
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PSYCHIC ALIGNMENT TRAINING
DREAM WORKSHOPS
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Victoria, Vancouver, Prince George,
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Write or phone for schedule
ALANNAH ASHLIE, R.R. #1
SHAWNIGAN LAKE, B.C. V0R 2W0
Telephone: 743-4673.

ATTITUDINAL HEALING CENTRE

Coming Together for Peace
and Wellness

Our Centre provides group support for people who are making changes, or improving the quality of their lives. Times of transition also, caused by illness, death, separation, age, and self-questioning can become opportunities for positive change in an atmosphere of safety and support. Trained facilitators participate in every group.

Groups meet weekly, day and evening, and are unique in that we offer non-judgmental sharing in an environment of unconditional love. Services by donation. The Centre is based on the work of Dr. Gerald Jampolsky.

Training courses in attitudinal healing are offered for five consecutive evenings

for \$25. Please phone Centre for future dates.

For registration or information on the Centre's programmes, write or call **Attitudinal Healing Centre, 3589 Granville St., VANCOUVER V6H 3K5. 736-7112.**



Aura-Soma

The Therapeutic effects of
colour contained within the
medium of pure flower essences
and herbs in essential oils

This beautiful collection of du-coloured balance oils contains sacred chalice well water. It is used by therapists on the body to help build the immune system and replenish the Aura.

We are now offering Colour Dynamics Seminars and Teacher's Workshops on a regular basis, covering aromatherapy, colour therapy, chakra clearing, and in-

dividual interpretation. The next Teacher's workshop will be held **March 19th & 20th** in Victoria and **March 26th & 27th** in Surrey.

For more information about seminars and workshops or product availability and limited distributorships, contact: **591-5960, SURREY; 595-3714, VICTORIA.**



THE BODHI TREE
CENTRE

When you feel the need for an immediate rejuvenation of body and mind or a desire to enhance your creative problem solving skills, the place to achieve this is obvious: that quiet oasis in Vancouver where **The Bodhi Tree** grows.

Our professional bodywork therapists, flotation tanks, individual stress management program, and biofeedback are tailored to gently and automatically carry

you into profound states of relaxation and creative rejuvenation.

Rates:

1 hr floating	\$16
1-1/2 hr floating	\$22
1 hr Deluxe Reflexology	\$30
1 hr Shiatsu	\$35
1-1/2 hr Shiatsu	\$45
1 hr Polarity	\$35
SPECIALS:	
90 Minute Special	\$32

(1/2 hr. Shiatsu & 1 hr. Float)
Every Monday 1-1/2 hr. float .. \$15
We also merchandise:

The Bodhi Tree Flotation Tank Kit (for commercial and private settings) Schuld Plus 8 T.E.N.S. unit; The Back-chair (three styles)

The Bodhi Tree Centre, 1896 West 1st Avenue, VANCOUVER, B.C. V6J 1G5. Telephone: 737-2112.



BODYWORK THERAPY
BY
BARRY
536-2104

Be good to yourself!
Enjoy a relaxing and secure bodywork session. Let me help you relieve stress and tension in a safe and responsible atmosphere.

For appointment: call daily 10:00 a.m. to 10:00 p.m.
Barry Daintrey 536-2104



BODYWORK & REIKI THERAPY
by
Bev 222-1700
or
Margie 228-1545

We provide a safe, nurturing atmosphere for healing treatments using a combination of BODYWORK and REIKI. This enables you to relieve physical STRESS and emotional PAIN. These sessions bring about rejuvenation, invigoration and centredness and open you up to a deeper level of aware-

ness of who you are. Learn to love and appreciate yourself, and wonderful changes occur in your life. Pamper yourself today, you deserve it! Call Bev, 222-1700 or Margie, 228-1545.



BODYWORK CLASSES
with
LYNDA HENDERSON
12-week intensive
Saturdays, 10 a.m. - 4 p.m.
733-3517

INDIVIDUAL SESSIONS
I provide a safe, warm atmosphere of unconditional love, using techniques from Shiatsu (Acupressure), Reflexology, Swedish Movements, Polarity and Reiki.

These 1½ hr. sessions are profoundly relaxing. I work holistically, intuitively and respectfully. I absolutely love what I do, and you will too.



BODYWORK AND INTEGRATED BREATH SESSIONS
BY SHERRY TAYLOR
Give yourself a bodywork session in an atmosphere of unconditional love. I use Swedish Movements, Jin Shin Jitsu, acupressure, reflexology, and guided visualizations. I work psychically on many levels and physically on deep pressure points where emotions and old

patterns are stored. I am a certified New World Network Practitioner using the Course in Miracles. Unlock your unconscious thoughts, beliefs and attitudes by releasing emotions which are stored in the body. It is safe to let go of control and trust yourself. You will strengthen your relationship

with the God within you. What you create on the outside is always a reflection of what is within. You will experience increased self-love, acceptance and forgiveness as well as improved health & happiness. Please call 731-4399 for an appointment.



DIET

Introducing: A Major Breakthrough — A Diet That Really Works!

- After 14 years research and clinical testing in England, this diet is now available to the public.
- Fast effective weight loss with no harmful side effects.
- You receive all your daily requirements of essential amino acids, essential fatty

- acids, vitamins, minerals, trace elements and electrolytes.
- The unique balance of carbohydrate and protein allows adequate protection of the lean body mass while you burn away excess fat.
- Average weight loss of 16 to 20 lbs. in four weeks for people remaining on the diet. Case histories show losses as high as 15 lbs. in one week — 35 lbs. in four

weeks. • Precise patented formula provides a nutritional balance which curbs hunger. • Counselling and personalized service to help you succeed. For more information telephone your counsellor, **Jean James, 278-2294, 7420 Bridge St., RICHMOND, V6Y 2S7.**

**Chinese Herbalist-
Acupuncturist
Professor Henry Lu, Ph.D.**
Clinics in Vancouver, Victoria
and Surrey
591-8061

The origin of Chinese medicine dates back over twenty centuries, and this traditional method of healing diseases is still being practised in modern China. The Chinese have found it to be very effective and with less side effects than drugs or surgery. Traditional Chinese medicine has two

main branches: **acupuncture** and **herbalism**, which are often practiced together in China. Acupuncture is more effective for pain, arthritis, rheumatism, paralysis, and diseases of the nervous system, while herbs are more effective for skin diseases, hypertension, diabetes, prostatitis, impotence, and diseases of internal

organs. **Professor Lu** has practiced traditional Chinese medicine since 1971. His clinic in Vancouver is open Mondays and Thursdays; in Victoria, open Fridays and Saturdays. For appointments call **591-8061** in VANCOUVER.

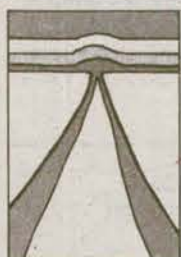


**THE
FELDENKRAIS
METHOD**

Discover your potential for elegant, efficient, effortless movement. The gentle, gradual movements of the Feldenkrais Method make learning new ways of moving easy, comfortable, and pleasurable. Two approaches: **Awareness Through Movement** — gentle, innovative exercises that increase awareness of how movement affects

your whole body. **Functional Integration** — manipulative technique geared to individual needs. Some benefits are: relaxation, pain and tension release, enhanced body awareness and increased flexibility and quality of movement. **Mary Lou Stanley** studied with Dr. Feldenkrais, graduated from the Feldenkrais Professional Training Program,

and is a Feldenkrais Guild Member. **Mary Lou Stanley** offers **Functional Integration** lessons at the Inner Garden Activity Centre. **Awareness Through Movement** classes are offered at False Creek Community Centre. Information, registration, appointments: **224-5784, VANCOUVER.**



**FELDENKRAIS
WORKS
ANNA
HALTRECHT**

Celebrate your body! Experience the joy of movement free from tension and pain. Anna uses the Feldenkrais Method to teach you how to break stressful habits and regain flexibility in thinking and movement. Group classes **Awareness Through Movement** focus on gentle non-strenuous movements that activate the body's enormous capacity for self-correction.

Functional Integration lessons are one-on-one hands-on sessions especially beneficial for people with particular difficulties or individuals desiring more rapid improvement. **Anna Haltrecht** has over 15 years' experience in movement education and the performing arts, and is a certified Feldenkrais practitioner.

Classes are ongoing at Aberthau, 4397 W. 2nd, the Burnaby Arts Centre, and the North Vancouver Recreation Centre. Book now for special weekend workshops on Saltspring and Vancouver Islands. Private sessions by appointment. For information and registration call **254-2534 VANCOUVER, 537-5681, SALTSRING.**



**Kiara Fine,
R.N.**

Self-healing facilitator

What is healing? It is my belief that as we begin to experience trust and peace within ourselves, we allow healing energy to awaken the harmony and alignment that is already present in our being. As a facilitator I am there to support

you as you deepen your awareness of self. Allow yourself to take the next step and open your heart to receive the healing you deserve. My professional training and background include: Therapeutic Touch energy work, Trager bodywork, North

American Indian rituals, Craniosacral therapy and counselling, and the Chuck Spezzano Leadership Training Program. Call Kiara at **732-8932, VANCOUVER**, for private appointments and workshop information on Healing with energy and the Trager Approach.



If you are in the process of making changes in your life, or if you are simply over-stressed and want to take a break... then floating may be for you.

In the environment of the float tank you feel weightless, supported effortlessly by a dense water and epsom salt solution. In this warm, quiet space you experience a delicious solitude.

Floating:

- brings profound physical relaxation.
- cleanses, heals, and revitalizes.
- enhances creativity and problem-solving abilities.
- opens the body and the mind so that efforts made towards personal growth and spiritual development can be integrated more completely and easily.

Come and take advantage of our **Floating Specials** or come and find out more about Floating at one of our **Free Introductory Evenings**. Phone us for the schedule of Introductory Evenings.

Floating Specials:

- Saturday and Sunday: 2 for 1. Bring a friend and you can both float for the regular single float rate.
- Introductory 3 Float Package.
- Larger float packages available.
- Discounts for seniors and students on larger packages.
- Each of **The Float Centre** tanks is in a private room equipped with shower, soap, shampoo, conditioner, and towels.
- Major credit cards accepted.
- Gift Certificates available.

Other Float Centre services:

- Bodywork
- Personal Growth Counselling
- Stress Management
- Tai Chi Chuan classes for beginners
- Stop Smoking program

• **Workshop/Seminar Space For Rent**
The impact of workshops/seminars can be enhanced by having participants float as part of the process. Reasonable rates. Comfortable space.

Call 736-REST (736-7378) for more information or an appointment.

1661 West 8th Avenue, #101,
VANCOUVER.



During the course of life, through the stressful effects of imbalanced movement habits, emotional tension, and physical injury, the body can become tense and rigid. People begin to experience low energy, tension, and various aches and pains. Through the **Hellerwork series**, this tension and rigidity is released,

resulting in better posture, more energy, and most of all a new connection with one's body and with the true potential for health and vitality.

Hellerwork is designed to produce permanent change. This unique combination of structural bodywork, movement

re-education, and exploration of one's emotions and attitudes has a lasting impact on how we feel, how we perform, and on our general state of health.

For further information, please call Lonny Fox, Certified Hellerwork Practitioner, 439-3137 **VANCOUVER**, 479-9373 **VICTORIA**.



*"Ask, and it shall be given you;
Seek, and ye shall find;
Knock, and it shall
be opened unto you."*

Indrani Ismond offers spiritual, mental, and physical counselling, through intuitive awareness and practical knowledge.

She is a certified **Iridologist & Herbalist** from Wild Rose College, having completed the Master Herbalist program.

Iridology is the art and science of looking into the irises of the eyes (photographs are also taken) to determine the condition of the tissues of the body, since all areas of the body are reflexed in the irises.

Indrani has also studied extensively all aspects of **YOGA** and is a certified teacher for beginners and advanced levels

of Integral Yoga Hatha and Pranayama.

For the past three years, Indrani has been studying **Ayurveda - The Science of Life**, which is based on the system of **Tridosha** or elemental balance of the body.

Ayurveda is the oldest recorded healing practice known in the world. It is used to assess your individual constitution or ratio of the elements (doshas) in the body. Then, an appropriate dietary, lifestyle, and exercise programme can be specifically recommended, in order for you to reach an optimal level of health and longevity. **Ayurveda** is a sister science to **Yoga**.

Indrani has completed courses from the **Ayurvedic Institute** and an intensive course with **Ayurvedic physician Dr. Vasant Lad** (author of *Ayurveda—The Science of Life*; and *The Yoga of Herbs*) at the Mount Madonna Centre.

Combining her many skills, Indrani is thus able to identify your specific constitution and imbalances and recommend appropriate dietary, lifestyle, and exercise programs uniquely for you. With this complete system of awareness and healing, Indrani is thus better able to serve you.

For more information about private consultations, please call 738-1196.



RELAXATION THERAPIST

KIRA
734-7316

Let Yourself Be Cared For

Tension, stress and sore muscles can be released by integrated bodywork. I use Reiki, firm Swedish Massage with oil, refocusing through visualization and music.

I love this work and have 12 years of

experience.

I provide a safe and caring atmosphere for you to experience physical and mental relaxation.

Let Your Self Be Cared For
monika KIRA koernig



Lighten Up

LIGHTEN UP is a delightful and enjoyable experience of unconditional love, laughter and freedom. Through this series of healing sessions, individuals dissolve fears and blocks at such a fundamental level that they are transformed and released from working on themselves to playing in the Universe.

Thus relieved from struggle, pain and suffering all activity can become activity which en-light-ens, rather than hard work and serious business.

LIGHTEN UP puts fun, joy and ease into self-improvement as well as life itself.

There is no wrong way to become en-light-ened, only increasing discoveries of greater joy, fun, love, laughter and light. You are light... **Lighten Up!**

For appointment, please call James F. Shea, B.A., M.A. 263-0701, or write Kerrisdale Professional Centre, Suite 340, 2025 W. 42nd Ave., **VANCOUVER**, B.C. V6M 2B5.



Love Yourself!

Want to feel great, relaxed, and energized?

Then take some time, and give your body the love it deserves.

I give unconditional love. Enjoy a gentle bodywork session with me today. We live demanding, hectic lives, always

busy, and not a moment to spare for ourselves. Our bodies become tired, tense, and sore, for there is always a deadline to meet, or an appointment to keep, and before you know it, the day is suddenly over.

Give your body some loving today. I

am a loving bodyworker, and wholly dedicated to my work.

I use techniques from Trager, Shiatsu, Reiki (energy balancing) Swedish Movements, and Reflexology.

For an appointment call Jennifer 731-9139.



Mala Sahan Tamar

MaLa invites you to celebrate your being and to experience your joy with a session of your choice.

Reiki: gentle meditative relaxation work.

Toning: balance through voice and breath.

Balancing: 5 Rites of Rejuvenation to

balance the chakra system.

Core Belief System: releasing of fears and beliefs which are no longer supportive of our well-being.

Meditation: using breath and imagery to assist the creative energy.

Ongoing Workshops: Self-Discovery

and Self-Mastery. Mar. 26-27; Ap. 9-10; 23-24; May 14-15; 28-29; June 11-12; 25-26. Register early, limited to 10 persons each date.

Call MaLa at 682-7054 to book a session and/or inquire about workshops, or write to her at Box 262, 1755 Robson St., **VANCOUVER**, B.C. V6G 3B7.

New Method KINESIOLOGY Workshops!

Touch for Health
Bio-Kinesiology
Edu-kinesthetics (E.K.)

- learn to test for and correct nutritional deficiencies.
- learn emotional & stress release techniques.
- learn to balance the body's electrical energies.
- learn to balance and integrate the hemispheres of the brain.

- learn to correct phobias and psychological reversals.
Instructors **Steve Ariss** and **Suzanne Ryder** have over seven years' teaching experience. Due to recent research, our workshops are now presented in a new "easy to learn" format complete with type-written notes.

- Free introductory workshops.
- Many hours of classroom instruction available on weekends and evenings.
- Practical application of the techniques will be taught.

For more information regarding ongoing workshops or private sessions please call 873-2848. VANCOUVER.



ORIENTAL THERAPY

Minoru Sumimoto
SHIATSU

ORIENTAL THERAPY integrates three primal external treatments, in accordance with the modern Japanese holistic medical system. The Yin method uses fine needles for acupuncture, to release excess energy from the body.

The Yang method uses Moxa, an herb which is quickly lighted on the surface of the skin, to supplement pure yang energy

in the body. The neutral method, at a point of yin/yang balance, uses the hands for traditional bodywork.

All three methods in Oriental Therapy work to balance the whole vital energy circulation system in oneness.

Minoru Sumimoto is a specialist in SHY-ATZSU, ACUPUNCTURE and MOXA COMBUSTION, a Japanese

national licensed practitioner, and a member of the Japan Meridian-treatment circle.

For an appointment call 734-7537 9 a.m. - 6 p.m., Mon.-Fri. COTI Inc. Room 4-#201-1644 W. Broadway. VANCOUVER.



QUANTTUM HOLISTIC HEALTH AND MYSTICAL SCIENCES

PHONE 926-3789

We offer a variety of services toward your health improvement program:

- Applied Kinesiology
- Allergy Testing
- Therapeutic Massage
- Intuitive Health Channelling
- Color Health Therapy
- Dr. Voll's Electrotherapy

- Acupressure
- Homoeopathy
- Candida Albicans Treatment
- Fertility Counselling
- Life After Death Counselling
- Mahikari Spiritual Healing (no charge)

Excellent patient references.
Please call 926-3789 for more information and appointment.



Rebalancing is a new form of bodywork, which is primarily known in Europe. The goal of the Rebalancing process is to restore your body to its natural state of balance and relaxation.

I have been practicing this method for 10 years in Germany and have studied

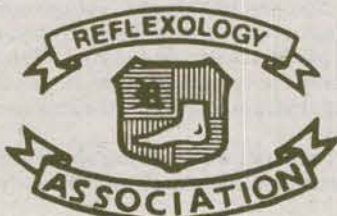
various other bodywork styles as well as counselling and meditation techniques.

The uniqueness of Rebalancing lies in its combination of deep strokes with a rhythmical rocking of the joints. This approach allows the release of chronic tension patterns in a way that you will

experience as pleasurable and gentle.

I am also a certified Trager practitioner and teach bodywork classes (see my logo listing under *Ongoing Events*).

For information and booking call **Amaro Hografer**, 224-5578, VANCOUVER.



Reflexology is used primarily for relaxing tension. Reflexes in the feet correspond to every part of the body. Correct stimulation of reflexes helps many health concerns in a natural way: circulation improves and the flow of

energy is balanced which helps the body to normalize itself.

Our Association, the oldest in Canada, has existed since the 1960's. Referrals for foot treatments and study courses in your area are available.

For information regarding Association meetings, write or call: REFLEXOLOGY ASSOCIATION OF BRITISH COLUMBIA, c/o H.A.N.S., 11-3856 Sunset Street, BURNABY, B.C. V5G 1T3, 435-0512, 435-4157.



Foot Reflexology is taught and practised as a potent, safe method to free tension from the whole body. Gentle, soothing stimulation of reflexes in your feet relaxes and revitalizes every gland, organ and muscle of your body.

PRIVATE SESSIONS

Indulge yourself in this luxurious pleasure: \$15; \$60 five sessions.

INSTRUCTION

Weekend workshops or evening class series prepare you to competently practise this ancient healing art; further practice qualifies for a certificate \$120 per person or \$105 with one week's preregistration.

The Centre offers MASEUR massage sandals/ innersoles, relax-a-rollers, books

and charts for sale, and a small library for browsing.

REFLEXOLOGY CENTRE OF VANCOUVER, 535 West 10th Avenue, VANCOUVER, B.C. V5Z 1K9. (604) 875-8818.

Office/Seminar Space Available: Casual, Temporary, Ongoing. Reasonable Rates.



Jeanne Robinson

Alexander Technique
Teacher

The Alexander Technique is a gentle, hands-on method of realigning the body and re-educating the musculature and the mind, resulting in improved posture and coordination, increased ease and range of motion, and the rediscovery of one's innate capacity for graceful, efficient movement.

As former artistic director of Nova Dance Theatre, Ms. Robinson, profiled last year on CBC-TV's *Gzowski & Company* brings over 12 years of professional experience as a choreographer/ dancer/ teacher to this work.

Winter classes begin Thursday, January 14 from 6-7 p.m., and 7-8 p.m., at

the Main Dance Place, 2214 Main Street, Vancouver. The cost for a ten-week term is \$65.

For more information concerning Winter classes or private sessions, please call 222-2255, VANCOUVER.



ROLFING

WILL JOHNSON
Certified Rolfer

Every moment of our lives we have the choice to include or exclude the awareness of our bodies in whatever we are doing. Oblivious of our physical presence, we become both physically and emotionally imbalanced. Opening to the tactile presence of our bodies, we begin to accept ourselves as we actually

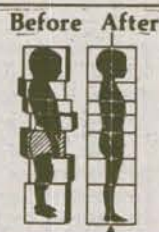
are. We can then more easily align our actions and choices with our basic nature.

If we can shift the structure of our body towards a configuration of balance, we can experience our physical presence in a much more dramatic, satisfying, and palpable way. To assist a person in this shift is the goal of Rolfing.

Will Johnson has been a Certified Rolfer since 1976 and works in VANCOUVER, VICTORIA, and HORNBY ISLAND. For appointments call 335-0750 on Hornby Island.

ROLFING

AMOS NIR



Rolfing actually changes the way your body is structured, in a series of ten sessions, by manipulating the connective tissue, called fascia.

People usually choose to get Rolfed for one of several reasons:

- they want better posture and have not been able to achieve it by "remember-

ing" to stand straight;

- they hurt, often but not always in the neck-shoulder region or the back, or have chronically tense bodies;
- they want better performance from their bodies in sports, dance or everyday activity;
- they want to grow psychologically

and have the sense that old emotional issues stored in the body are holding them back.

Amos Nir, RMT, BA, is certified by the Rolf Institute in Boulder, Colorado.

For information or an appointment please call 251-6568.



ROSEN METHOD

Transformational Bodywork
Devaki Drache

ROSEN METHOD Bodywork is more than a technique; it can lead you to a profound experience of who you really are. Almost all illness, stress and disease are simply a holding away—or separation—from love. When we realize that we don't have to 'try' or struggle to be something or someone, we are then free to move towards deeper and deeper levels of being—self-understanding, acceptance and trust.

Through highly focused touch as well as deep verbal communication the

unconscious is made conscious. The client becomes aware of how he/she holds their tension and is then able to surrender and connect with something greater than oneself.

Rosen Method is especially useful for those interested in deep relaxation, self-discovery, emotional and spiritual growth, those with chronic pain and tension, restricted breath or movement; low energy, poor concentration, and those stuck in old angers, fears, depression.

DEVAKI DRACHE apprenticed with Marion Rosen, and has California certification in bodywork. She has been in private practice since 1974, and integrates Rosen work with other methods of bodywork and healing. Devaki has been involved in spiritual practice for over 20 years. It is her deep connection with spirit/essence which facilitates her work with people.

Office at Vancouver Health Enhancement Center, 1644 W. Broadway.

Appointments: 261-0832.



Energy Alignments
with
SHARON WOODROW
263-7237

As a spiritual channel and counsellor, Sharon brings forth a unique and powerful method of stimulating and balancing the **physical, emotional, mental and spiritual** bodies within Self. Through deep **Etheric Body Cleansing**, Sharon

helps release very old and impacted fears and limitations—assisting you toward self-fulfillment.

Please call for further information on: **PERSONAL APPOINTMENTS, WORKSHOPS**



Women's Weekends

Situated on 69 acres of meadow and woodland, **The Salt Spring Centre For The Creative and Healing Arts** is dedicated to providing a peaceful environment to help restore body, mind and spirit. The Centre features lake swimming, sauna, delicious vegetarian meals, friendly residential and community staff and ongoing classes and programs in yoga and the creative and healing arts. **The Centre is available for group rentals and for personal holiday retreats on a**

full guest or work/retreat basis. Reasonable rates.

- **WOMEN'S WEEKEND** - A chance to relax, revitalize and be pampered at our most popular program. Aerobics, yoga and art classes. \$165 includes facial, reflexology and full body massage or swedon—a unique herbal steambox session. **March 25-27, April 15-17, \$165. May 27-29, June 24-26 (\$180 after April).**
- **Vacation from Stress—April 22-24** with Shirley Daventry.

Costs includes program and all meals and accommodation. Weekend programs begin with dinner Friday evening and end Sunday afternoon. To register send one half cost at least two weeks prior to program. After that date call to confirm space.

Telephone: (604) 537-2326 or 537-9596 or write to Salt Spring Centre For the Creative and Healing Arts, Box 1133, GANGES, B.C. V0S 1E0, for free brochure.

Gift certificates available.

SELF - CARE

— Health is a Choice —
with
ARIAAL & DAVED

IRIS ANALYSIS:

Color slides and computerized print-out reveals inherent weaknesses, location and degree of body toxicity. Includes follow-up consultations.

We Use food supplements and herbal remedies, "an intelligent alternative."

Our services includes:

- food allergy testing
- *Candida albicans* therapy
- Detoxification therapy
- Strengthening immune response
- Nutritional counselling
- Personalized maintenance programs
- *Psychotherapeutic* integration

The focus of "self-care" is on life, what makes people well and what keeps them well.

By appointment:
ARIAAL ASHLIE 438-9049
DAVID ITKOW 439-1521
2785 East 23rd Ave.,
VANCOUVER, B.C.



**SHIATSU AND STRESS
MANAGEMENT CENTRE**

Sourcepoint Centre offers a peaceful, restful environment where you will receive relaxing and rejuvenating treatments. We take time with our clients to ensure that your respite from an active schedule is a thoroughly enjoyable experience.

Sourcepoint Centre services include:

- 15 minute neck and shoulder "Tune-

ups" given at your workplace.

- Stress Management/Relaxation Classes teaching simple, effective techniques to help you minimize stress.
- Shiatsu Certification programs at Basic and Advanced levels.
- Complete, professional Shiatsu treatments in our conveniently located clinic or at your place of business.

Ted Thomas and Shelley Easthope, Coordinators of Sourcepoint Centre, invite you to explore the ways we can assist you in creating greater balance and increased effectiveness in your life.

Sourcepoint Centre, #601-2695 Granville St., VANCOUVER, V6H 3H4, 737-0047.

The Synchro-Energizer

Tune up your brain with this amazing device. Relax as stress in your mind and body melts away. Balance the left and right hemispheres of your brain.

The **Synchro-Energizer** represents the state-of-the-art in technology for enriching and improving the human brain.

Open yourself to enhanced creativity, improved memory and intelligence and expanded consciousness.

Other Services Available:

- Outstanding bodywork therapy sessions and classes
- Highly effective individual and couples'

counselling and breath sessions.

- Body Alive! workshops
 - Meditation classes
- Ron Virochan Wypkema 263-5044, Rebecca Young 263-5824, New World Practitioners, VANCOUVER.



**TAOIST
SECRET
BREATHING
METHOD**
SUN-DO

A combination of **breathing techniques** which fill the body with universal energy, and 365 postures which direct it to specific areas, releasing energy blocks and tension, and producing vitality and health. One comes to understand why disease appears, thus becoming one's

own doctor for body and mind. By laying a foundation of good health and energy, **the breathing meditation** opens the door to a deep spiritual path.

Classes conducted daily by **Venerable Hyunoong Seunim**, Korean Zen Buddhist monk and Taoist Dharma Master. Using

the principles of Oriental medicine, he gives diet recommendations according to body type, in conjunction with the breathing practice.

Zen & Sun-do Centre, VANCOUVER, B.C. 732-0907.



**Therapeutic
Touch**

Shirley Webb, R.N.

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Anne Rushforth R.N.

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Anne Rushforth is a B.C. registered nurse, who has studied with Marion Rosen in California, has massage certifi-

cation in California, and has studied several healing methods including Reiki, Second Degree; Psychotherapeutics; and Therapeutic Touch. She has had a private practice in bodywork for seven years.

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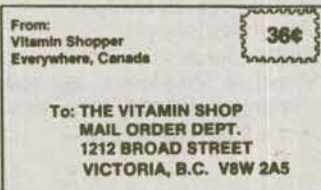
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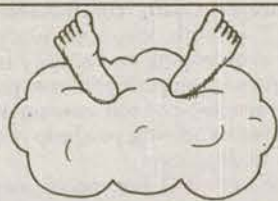
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For information contact Lindsay Whalen, 683-2056.

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Claudia MacDonald 874-1968

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Gillian O'Brien 926-7104

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This unique Taoist style combines aspects of Tai Chi, Chi Kung, Pa Kua,

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to a natural state of health.

INFORMATION:

Vancouver Taoist Tai Chi Society,
#220-440 W. Hastings, **VANCOUVER,**
B.C. 681-6609 (weeknights 6:30-10 pm)
Victoria Tai Chi Association, 2615
Douglas St., **VICTORIA, B.C. 383-4103.**



Recreational students may study Simplified (24-movement) or Combined (48-movement) Taijiquan.

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Sam Masich has competed internationally with the Canadian National Wu Shu team. He won six gold medals in the recent U.S. Open Wu Shu Tournament

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Sam facilitates workshops across the continent on Tai Chi as a tool in holistic living. His pushhands instructional video is available on VHS.

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-Karlfried Dürckheim

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Individual therapy is for men who want to deal with this issue head on.

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Jane Ellison

Alignment Workshop: Improve your posture, move more efficiently, relieve injuries. These classes are educational and therapeutic, covering specific anatomical information and employing a synthesis of bodywork techniques. Useful for personal work or in complement to chiropractic and physiotherapy.

10 weeks, beginning April 7, Thursday 7:30-9:30 pm \$85

Experiential Anatomy and Movement: A movement course based on the exploration of the major body systems: skeletal, muscular, organ, endocrine glands, fluids, and nervous systems. This work is of value to people interested in movement, performance, bodywork or other body-mind disciplines.

10 weeks, beginning April 6, Wednesday 6-8 pm. \$85.

Jane Ellison's clients and students range from the neophyte to the professional. She works in dance, theatre and sports, teaches exercise classes, and offers private bodywork sessions. Please call for more information or appointment. 681-2083. VANCOUVER.



INFECTIOUS RHYTHMS, ENERGY AND FUN. Roberta Meilleur, natural dancer and teacher, leads the way.

AFRICAN MOVEMENT DANCE WORKSHOPS with African drumming. High energy dance for women and men. Gain flexibility. Express yourself. Let go. Enjoy!

Series of three, April 17, May 15 and

June 12, 2-4 pm. 2214 Main. \$40 series. \$15/session. Previous series sold out. **Early registration advised.**

WEEKLY CLASSES. An excellent beginning for new "movers" and a maintenance program for those wanting the discipline of regular classes. Includes **Super Stretches** for flexibility, **Isolation Movements** for control and **Dancing** —

just for fun. Call for details.

PRIVATE CLASSES. Designed just for you in African movement and/or Bellydance.

CHOREOGRAPHY. Inspired movements to enhance your performances.

PERFORMANCES and entertainment. Roberta Meilleur, 736-0898.



The Work is an individualized program of body-alignment, body-awareness with body-mind connections.

It is non-injurious and is especially designed for you to enjoy mental as well as physical challenges. Some of the benefits for your well-being are:

- Streamlined, lean and healthy body
- Increased strength, power and stamina

- Increased energy and vitality
- Fluidity and ease of movement, with poise and balance
- Flexibility and control
- Relief from stress and tension
- Pain in muscles and joints reduced or eliminated

Within **The Work** a foundation is established giving you more control in

all areas of your life—job, personal, health, and sports.

Attend our three night orientation program. Held once a month, Tuesday, Wednesday, Thursday.

The Work—developed by Leo Gregory, Dipl., R.B.S.T.T.C., M.C.D.T.A., The International School of Dance Education, 685-5870.

WHISTLER SUMMER FITNESS GETAWAY

FOUR SESSIONS — AUGUST 1988
Join us at the magnificent Whistler Resort for this one-week program to:

- Get in shape
- Lose weight
- Free yourself from stress and have fun!

Program includes 2 hours daily of fitness and flexibility exercises, individual testing, Feldenkrais awareness exercises, plus dancing, yoga, hiking, tennis, and golfing. Call for registration information, Liba Zdravil, M.P.E., 461-3205.

SUMMER ISSUE DEADLINE: April 29, 1988
THEME: Creative Adventures

PSYCHOLOGY, THERAPY & COUNSELLING



Actualized Life Mastery

Experience the ECSTASY of your TRUE SELF and allow life to be the GRAND ADVENTURE of your dreams!

Join us for support along the way:
 * Meditation & Course in Miracles Group (Mondays, 7 p.m.) By donation.
 * Private or group rebirthing sessions.

Rental Videos are also available (VHS):
 — AURORRA — EMMANUEL — RAJ
 — TERRY COLE-WHITTAKER —
 MAFU — COURSE IN MIRACLES —
 E.C. PROPHET — LAZARIS —
 RAMTHA — LOUISE HAY — CHUCK
 SPEZZANO — STUART WILDE —
 SHAKTIGAWAIN — REFLEXOLOGY
 — TAROT — CRYSTALS —

Watch for the
 GRAND OPENING
 of
 — Reflections —
 1111D Austin Ave., Coquitlam
 — Books — Videos —
 — Cassettes — Crystals —
 Call Carole Webber, 937-7954 or 939-6000, COQUITLAM.



Barbara Katz
 Counselling

Counselling can help you to:

- Re-establish your equilibrium after a crisis.
- Improve communication skills.
- Change self-defeating behaviour patterns.
- Increase self-awareness.
- Make life more satisfying.
- Feel more comfortable within yourself.
- Manage stress effectively.
- Increase self-esteem.

By increasing your understanding of who you are and how your patterns of communication either enhance or sabotage your efforts to meet your needs, we can work together finding a more satisfying "fit" between your authentic self and your lifestyle.

I specialize in:

- Relationship counselling
- Singles issues
- Stress & Depression
- Parent/Teen Conflict

I provide individual, relationship, family and group counselling.
 On-going Groups:

SINGULARLY GREAT! Weekly singles discussion and support group.

PERSONAL GROWTH GROUP FOR WOMEN

SINGLES ENCOUNTER WEEKEND
 Barbara Katz, M.S.W., R.S.W.
 736-7611. VANCOUVER.

Sharon Burrows, M.A.



Individual and Group Therapy for:
 RECOVERY!

- Adults abused as children—physical, emotional, and sexual abuse.
- Dysfunctional family patterns—alcohol and other addictions, sex and eating disorders.

IMPROVEMENT!

- Parenting
- Intimacy & sexual functioning
- Performance in study, work, or sports

RELEASE!

- Post-traumatic stress—birth, accidents, surgery.

- Repressed feelings—anger, grief, depression

Offering individual and group therapy, hypnosis, NLP, and Holotropic Therapy (see ad on page 58). Sharon Burrows, 733-6909, #203-1644 W. Broadway, VANCOUVER.



VINCENT MILARDO

The Career Course

"Work is love made visible." - K. Gibran
 The purpose of Career Course is to expand people's ability to come from who they are into the work world, in a way that produces satisfaction and aliveness for them, and value for others.
 Learn how to:

- Identify your skills, abilities and strengths
- Create clarity and focus

- Set clear objectives & get organized
- develop a positive self-image
- clarify personal & work values
- develop new job search skills & techniques
- develop a concrete personal plan of action for your life and career
- identify and tap the hidden job market

- get paid for what your talents are really worth

Design quality and balance into your Life, Work and Play.
 Find out what it is that you want to do more than anything else in the world and do it.
 Milardo & Associates, call 669-9669, VANCOUVER.

"Celebration of Life"

with
 Marnie Darnel
 and
 Vijay Basdeo

An intensive 3 month empowerment group:
 We work with a variety of techniques encompassing Rebirthing, Visualization, Sound, Movement, & Ritual.
 We believe that planetary peace will be a reality as each of us remembers WHO we truly are, not what we've been taught to believe about ourselves.
 By taking responsibility for our happi-

ness, seeing ourselves reflected in the world around us, we can create our heart's desires.
 We will make friends with our past, release our mistaken ideas of ourselves and transform our blocked energies into aliveness, power from within, love and compassion for self and others, and embrace a new sense of freedom and power in our lives.

Series begins: Monday, May 2. Consists of 10 Weekly Evening classes plus 2 full day Workshops.
 Preview Night: Wednesday, April 13, 7:30 pm. Pre-registration essential. Limited Enrollment.
 Please call: Marnie, 736-4025, Vijay, 736-REST (bus.), 590-2622 (res.).



The Core Belief Engineering Process reaches deep-seated beliefs affecting total personality. It transforms unprofitable and limiting subconscious beliefs into powerful, life-enhancing actions and choices.
 Core Belief Engineering is a dynamic process therapy that builds conscious choice concerning physical, mental, emo-

tional, and spiritual matters. It rapidly and effectively relieves major fears, compulsiveness, and emotional/mental blocks, yet is so simple and gentle, it has enabled many to gain much greater health, well-being, and creativity.
 Elly Roselle, founder, researcher, and developer of the Core Belief Engineering processes, has a background of Erickson-

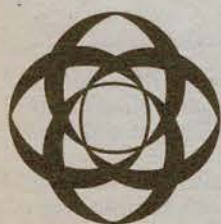
ian hypnotherapy, NLP, dance, and bodywork, and has counselled and taught across North America.
 Call Elly for information on counselling, lectures, and workshops.
 ROSELLE+READ+FRIENDS, 5742 133rd Street, SURREY, B.C. V3W 4P5. 594-7422.



Now located in Central Vancouver
 CAROL RUTHERFORD *
 SUSI PUPPATO *
 Core Belief Engineering Practitioners
 (* Certified by founder Elly Roselle)

We will guide you through a gentle change process that enhances conscious and subconscious direction of self. This process will help you to experience greater ease, effectiveness and fullness in living.
 We enjoy working with children!

Take the next step for your self!
 CONTACT US NOW FOR:
 • Appointments • Information
 • Group Presentations
 1605 W. 14th Ave. at Fir St., VANCOUVER, B.C. V6J 2J3. Phone: 737-7041.



CREATIVE INTEGRATION WORKSHOPS

Becoming Whole Through Creativity
 With
 Karie Jansen
 B.Sc., Artist, writer
 Have you ever asked, "How can I change my work, my relationships, my life?"
 Do you feel you have untapped inner potentials you would like to express?
 Are you looking for greater satisfaction and meaning in your life?
 Creative Integration Workshops give you powerful tools for generating per-

sonal growth and meaningful change.
 Your life is your greatest work of art. Your materials are your individual memories, experiences, interests and beliefs. Your tools are the insights, dreams and intuitions of your own unique creative process. When you learn to access your natural creativity, you discover within yourself all the materials and tools you need to integrate your life into a satisfying and meaningful experience for you.
 Creativity and personal fulfillment

are your birthrights. Please join me in the process of creative integration.
 Creative Integration Workshops commence Tuesday, April 12 and Thursday, May 19. Six weekly evening sessions in a relaxed, nurturing environment. 7:00-10:00 p.m. \$135.
 Workshops are ongoing. For information and registration, please contact: Karie Jansen: 681-8507, Creative Integration Service, P.O. Box 1495, Station A, VANCOUVER, B.C. V6C 2P7.



BRENDA DINEEN

**Counselling,
Rebirthing &
Workshops**

At a very early age most people give up their power and their inspiration. Our hearts and minds become separate, yearning for wholeness. We forget who we are.

I have the ability to guide you to your true self, discovering the depth of your joy and love where your "missing peace" is found. In a warm loving atmosphere I assure you of a gentle and accelerated growth experience.

I encourage you to:

Let go of fear and find yourself in safety.

Release limiting beliefs and have what you want—with ease.

Take a risk and discover you are totally supported by the universe.

Love yourself and give yourself the greatest gift of all.

Feel inspired!

Brenda is an experienced counsellor, a

trained rebirther and uses A Course in Miracles in her work. She holds a Masters degree in Counselling Psychology, has studied under Dr. Chuck Spezzano and uses this accelerated learning to inspire others.

Brenda is available for individual sessions, couples and family counselling, and she conducts relationship workshops.

Please call Brenda Dineen, 263-3653, VANCOUVER.



LILLIAN ELLIS
Counselling

ARE YOU TROUBLED BY?

- Fear
- Guilt
- Resentment
- Feeling trapped
- Loss of identity
- Low self-esteem
- Poor Relationships

WOULD YOU PREFER?

- Confidence
- Clear Conscience
- Contentment
- Freedom
- Self-awareness
- Self-worth
- Harmony

WHAT ARE YOU WAITING FOR?

Lillian has been helping people bring about meaningful changes in their lives for over 15 years. For an appointment phone NOW... 261-4610. VANCOUVER.



STAN FORZLEY, M.S.
Clinical
Hypnotherapist

Your mind is very powerful. How you use it will determine your quality of life.

Hypnosis helps you take control of your life and create change. Hypnosis, imagery and visualization techniques can de-energize negative thoughts/beliefs/behavior patterns and help you experience yourself more powerfully

than ever before!

Counselling and hypnosis for:

- Stress
- Anxiety
- Smoking
- Weight
- Insomnia
- Relaxation
- Confidence
- Anger
- Addictions
- Relationships
- Stress related health concerns

• Sexual Dysfunction

• Adolescent Issues

• Age Regression/Unblock past trauma

Stan Forzley, M.S. Clinical Hypnotherapist, Vancouver Medical Bldg., 208 - 1541 W. Broadway, VANCOUVER, B.C. 736-4378 (24 hrs.).



**IDENTITY
THERAPY**

The most fascinating question in the world today is:

WHO AM I? OR, WHAT AM I?

The observer, the person that we truly are, is the most hidden of all experiences. Over time, the true self has been shaded over by other people's ideas of who and what we are. This covering of the self leaves us feeling confused,

lost, and living an unhappy existence.

Your identity affects every aspect of your life—your family, friends, job, and the positive relationship you seek. **Finding your true identity may be the most important thing you ever do.**

Identity Therapy is a powerful three-part process used to clear specific problem areas and to re-connect with the

child within. It is compatible with religious and spiritual paths, and is suitable for individuals or couples.

Also, I am offering Identity Training classes—starting April 5th. Call for days and times. Classes fill quickly.

For pre-registration or a counselling sessions contact: Merrie Johnson, 224-7184, VANCOUVER.

IN HOME Counselling & Therapy (office optional)

Want a productive life and a feeling of well being? Feeling depressed, lonely, guilty, anxious, frustrated, little or no motivation? Maybe its time for some outside assistance to help you help yourself.

Grief issues:

- Unemployment • Drug & Alcohol Abuse
- Weight Gain & Loss • Abortion •

- Sexual Problems • Death • Retirement
- Disability • Divorce & Separation •
- Difficulty Maintaining Healthy Relationships • Marriage Counselling • Life Style Changes • Uncontrollable Spending
- Terminal Illness • Conflict Resolution
- Assertiveness training, etc.

As a **certified counsellor** I am pro-

fessionally trained to employ a variety of therapies to assist you in getting on your feet. Gestalt, Cognitive, Humanistic, behavioral, etc. Included is a detailed assessment leaving nothing to chance.

For appointment contact C. Aurora, 874-0925 messages, 879-5820 office, VANCOUVER.

KARMIC AWARENESS	
NUMEROLOGY	662-3559

- Hourly verbal consultation
- Monthly/yearly horoscopes
- Character analysis
- Karmic debts/lessons revealed
- Past lives analysis
- Name change delineation
- Compatibility analysis

Your Karmic Awareness is the key to self-discovery. Did you start out life with negative or positive potential?

My professional experience has spanned two years of consulting for business people, stockbrokers, actors, actresses, Juno Award winners, celebrities and others who want to know their positive

potentials in this present lifetime.

Professional, easy-to-read, self explanatory analysis.

From \$15.00/hr consultation to \$89.00 package. Fast, efficient, affordable and accurate!

Numerologist—Stephen W. Erickson, 662-3559, VANCOUVER.



COLETTE KIDD, M.A., AHR
Counselling and Consulting

Colette Kidd has devoted over twenty-five years of her life to the successful pursuit of greater personal and professional effectiveness and to teaching these methods to those who seek growing fulfillment and success in their lives. Her work has attracted people from all walks of life, around the globe in both personal and organizational settings.

Certified Instructor
TECHNOLOGIES FOR CREATING™
(DMA)

Create remarkable results in your life in:

- Relationships
- Purpose
- Freedom
- Career
- Time & Money
- Health

Choose to fulfill what you truly want in your life. Enrol in TECHNOLOGIES FOR CREATING®. This course takes place over a 6 week period with one 3-4 hour class each week.

For schedule of courses or private consultation CALL 731-9950.

MICHAEL MACNEILL, PhD.
REGISTERED PSYCHOLOGIST

COUNSELLING AND THERAPY
FOR THE HUMAN JOURNEY

WHY INVITE A PSYCHOLOGIST
INTO YOUR LIFE?

When You Have Needs To...

PAUSE:

- Slow down... stop
- Step back from your life

REFLECT:

- What's happening in your life?
- And in your self?

PROCESS:

- Coming to know yourself more deeply
- Making changes in your world

- Awakening to your changing needs
- Integrate and acknowledge the many parts within you

MICHAEL MACNEILL, 733-7120, VANCOUVER.



Lorraine Milardo
Registered Psychologist

You can change your life.

Lorraine Milardo is a registered psychologist and certified hypnotherapist. Through individual sessions, workshops and seminars she assists people to create positive transformation in their lives.

This is a holistic approach to empowering individuals and couples. It includes:

- gestalt therapy

- creative imagery and visualization
- relaxation and stress reduction
- dreamwork
- loving relationships counselling
- hypnosis — for weight loss
- to stop smoking
- confidence building
- deblocking past traumas
- age regression.

For seven years Lorraine Milardo has been committed to helping others help themselves to find fulfillment and personal happiness.

Appointments are available Tuesday to Saturday. Call Lorraine Milardo, Reg. Psychologist at 669-9699.

Extended Medical Plans are accepted.



Michael Miskin, M.A., Reichian Therapist

Under stress, the body can freeze in fear, harden in anger, withdraw in sorrow. These attitudes, if ongoing, make up the armour, or facade, which is a series of interlocking tensions forming a specific character and body structure that represents the past operating in and limiting the present: a brake to the movements of your core self.

My work — REICHIAN THERAPY — focuses upon the systematic freeing up of this armour thus increasing self-perception, aliveness, contact, bodily feeling, and emotional responsiveness. I believe honest effort is rewarded. I cannot supply your motivation. I can contribute my professional skills

with candour, perceptiveness and humour.

"Love, Work and Knowledge are the Wellsprings of Life. They should also govern it."

-Wilhelm Reich

For information call Michael Miskin, M.A. 921-8992.



THE NLP CLINIC

Neuro-Linguistics is a methodology for creating elegant, effective communication and change.

The NLP CLINIC provides therapy, hypnosis and effective change for: Personal Growth, Family Relations, Inter-

personal Communication, Depression, Addiction, Weight Control, Phobias, Traumas, Sexual Problems, etc.

ALL PRACTITIONERS ARE CERTIFIED by The Society of Neuro-Linguistic Programming.

We do house calls!

Workshops in NLP and/or effective communication also available to groups of 10 or more people. Call 263-2383 or 251-7940, VANCOUVER.

PACIFIC PLANNING CONSULTANTS



Individual, Marriage and Family Therapy Counselling

- We offer skilled, loving, caring attention to our clients' concerns. Our experienced, certified therapists use a variety of techniques (including inter-generational family analysis and neuro-linguistic programming) to assist clients restructure painful pasts into positive futures.

- We specialize in doing self-image work with women, pre/post marriage enrichment work with couples, and in bringing blended, re-married families into new harmony.

- We can also help you survive separation/divorce and with gentle, sane mediation help you move on to renewal.

- For a free initial (day/evening, Vancouver/North Shore) appointment to discuss your particular situation, call in confidence Susan Kallweit at 921-8281 (anytime to leave a message) or at 921-7090 (between Noon-2 p.m. or between 8-10 p.m. daily).

- We look forward to working with you to achieve your goals.



Pacific Rim Services

The work I offer I have developed over the past ten years in Boulder, Colorado. Coming from a strong western psychological tradition as a psychotherapist, researcher, and teacher, my own path returned me to roots in Native American shamanic practices.

The blend of these two traditions allows us to explore troubling psycho-

logical issues within the powerful dimensions of intuition, by working with medicine wheel, crystals, prayer sticks, and other shamanic objects. Breath, meditative chanting and drumming energize the warrior consciousness, bringing gifts of strength and awareness to the personal ego.

In Boulder I continue to practise ceremonial arts for many occasions, including for those within the journey of illness. I especially enjoy facilitating the reawakening of people to the power of their animal spirit guides. Discover the blend of these powerful traditions.

Free 1/2 hour consultation.

Georgia Riches, Ph.D. 732-0774.



PHYLLIS WHITE

Transformational Counselling

While working with me in a safe, private and nurturing atmosphere, I will help you experience higher self esteem and breakthrough from self defeating behaviors and attitudes.

You will be able to communicate with and understand your friends, co-workers loved ones much better.

I use the Breath Integration Method, which is gentle, supportive and very successful in helping you understand more about yourself so you can be where you want to be.

I am a Certified Personal Growth Consultant with many years' experience as a Career-Life-Employment Counselor.

I have a proven ability to facilitate permanent change in people's lives.

For an appointment call 984-9840. NORTH VANCOUVER.

PSYCHO-ENERGETICS

"New to Vancouver"

We work as a couple to assist individuals who are seeking higher states of self-awareness and spiritual deepening. A wide range of therapeutic methods are employed — ranging from Gestalt to breathwork. Emphasis is on discovering and working with patterns that have been hindering development. We are

also prepared to work with people who are ready to explore their 'Dark sides' (the more difficult mysteries of life).

An essential component of our work is hands-on-healing which we offer simultaneously with the verbal exploration. We have found that combining

therapy and Energy work is a powerful way to promote physical, emotional and spiritual wellbeing.

For more information and appointments call Naomi Dworkis, MFA or Doug Moseley, MA at 736-5276. VANCOUVER.



Reality Therapy with Shelly Brierley

TRAINING TOWARD CERTIFICATION IN REALITY THERAPY through Dr. Glasser's Institute in Los Angeles, is now being offered in B.C.

REALITY THERAPY is a counselling and lifestyle approach which empowers people to make better choices for themselves, thereby laying a platform for more effective living.

SHELLEY BRIERLEY, the instructor, is a Senior Faculty member with the Institute for Reality Therapy, has her masters in Counselling Psychology and is an associate member of The American Association of Marriage and Family Therapy. She has a PRIVATE PRACTICE in White Rock and conducts Workshops and Seminars internationally as well as

in the lower mainland.

For further information regarding upcoming training, one day seminars, consulting or counselling, contact: 1666-160th Street, WHITE ROCK, B.C. V4A 4X2. Phone: 536-4200.

Next Intensive Week: Aug. 8-12 at Haven-by-the-Sea, GABRIOLA ISLAND. To register call 1-247-9211.



Control of your mind. The Silva Method is a simple, effective method of mental training which you can use to develop conscious control of your subconscious mind. The content of the classes will enable you to use more of your mind to improve the quality of every aspect of your life — your health,

habits, relationships, professional life — and become a happier, more effective, more successful human being.

The Silva Method is offered in 73 countries and has over 5,000,000 graduates, including many of the "sounds too good to be true" types.

Find out more about The Silva Method! Four-day course begins each of the following dates in 1988: March 26, June 18, and November 12. Phone or write for more information.

The Silva Method of Western Canada, P.O. Box 9360, Saskatoon, Sask. S7K 7E9. (306) 931-2986.

THAD ALLEN



Humanistic Psychology
"The Third Force"

"The Third Force", an alternative to traditional counselling and psychotherapy, puts the emphasis on freedom, choice, personal responsibility. Just as an acorn, if provided with the appropriate nurturing conditions will naturally grow in positive ways, each of us has within us a nature/being and potential that we can fulfill, and through which we can find a unity of body/mind and spirit.

To develop my own potential, and better serve my clients, I have pursued an interdisciplinary education and training in Psychology, Anthropology, Shamanism, Guided Imagery, Art therapy, Psycho drama and Linguistics.

I specialize in:

- couple and family counselling
- the separated/divorced person in tran-

sition

- Cross Cultural Counselling
- drug and alcohol abuse
- sexuality issues

I also offer group and individual counselling for counsellors/therapists.

For an appointment please call: Thad Allen and Assoc., Ph.D. (cand.), M.A., R.S.W., 421-0457. Office: #203-1644 West Broadway, VANCOUVER.

Work-Life Counselling with Sherri Zysk



Be present & alive from nine to five!
 Improve quality of work-life:
 * Address specific work related problems and issues
 * Identify what you bring to the workplace — knowledge, skills, beliefs, values

* Acknowledge rights & responsibilities of your work role
 * Learn how to help others give you what you need to do your job
 * Explore ways to be creative and vital in your work

Call me for individual or work-team counselling. I have been a human resource consultant in government, business, and industry for 8 years.
Sherri Zysk, M.A., ABS, VANCOUVER, 228-1765.



Your Heart's Work with Toni Pieroni

Our heart's work is where we define our sense of purpose and meaning. It is a vehicle through which to experience and express our passion, i.e., our most deeply held values, beliefs, feelings about life, ourselves and others. It is our way of being connected to who we really are,

expressing ourselves into life and making the contribution we came here to make. I facilitate people to:
 • discover what your heart's work is
 • expand and deepen your satisfaction with the work you are now doing

• have your work be an alive, creative and moving process in your life
 • be supported in achieving your work/career goals
 For further information call **Toni Pieroni, 732-7853.**

FATHA TAYLOR Hypnotherapy Counselling



THE BENEFITS TO YOU ARE:
 • Money mastery* (Prosperity.) This is closely linked with self esteem.
 • Self healing.
 • Greater self awareness.
 • Greater self control & self discipline.
 • Greater self motivation & self projection (increasing your influence).
 • Greater skill in improving your interpersonal relationships.
 * I GIVE A SPECIFIC SESSION FOR MONEY MASTERY
 "An extremely gentle & empathetic man with

all the skills to help me help myself." (R.F. couples counselling).
 "I found Fatha Taylor while seeking an alternative to drug therapy offered by a psychiatrist to control my high anxiety level. After practising various relaxation techniques given by Fatha I found I was able to achieve a measure of calm & thinking much clearer." (T.D.)
 "I am very pleased with the non-smoking hypnotherapy programme done with Fatha." (G.C. 2 packs per day, a non-smoker in two sessions).
 My hypnotherapy involves psycho-

synthesis counselling which assumes that you are essentially good with all the awareness and will power necessary to achieve life goals. People with problems are temporarily out of touch with their awareness will power centre. I assist in contacting and strengthening this centre. I am also a Huna Shaman and lead a Sufi Meditation group.
 For further information phone Fatha at 987-5895, ESTHA AWARENESS THERAPY, 1088 Chamberlain Dr., NORTH VANCOUVER.

TOUCHSTONE CENTRE

Like the touchstone, we aid people in sorting out the silver and gold, strength and firmness as they re-establish their own strengths and seek their own initiatives.
 Our Programs Include:
 • Women's Groups
 • Individual Consultation
 • Group Sessions
 • Treatment Marathons

• Marital Counselling
 • Family & Adolescent Therapy
 • Transactional Analysis Training
 • Ongoing Monthly Seminars
 Director: **Janice Dowson**, Certified Clinical Transactional Analyst.
 Janice is a therapist with 15 years' experience in community social agencies and private practice. She is a Certified Clinical Transactional Analyst. Janice

integrates her deep respect for human process with her knowledge and skill in the use of Transactional Analysis to facilitate growth and change. Her work emphasizes developmental and feminist approaches.
Touchstone Centre, 12084 - 211th Street, MAPLE RIDGE, B.C. V2X 8K8.
 Please call for an appointment, 463-9879.



AMANDA VAUGHAN

Vivation Professional

Vivation™ (formerly **Integrative Rebirthing**), is the powerful, yet gentle and safe skill of integrating emotions to create a more profound sense of well-being and aliveness within us, through breathing, relaxing, and being willing to accept ourselves just as we are, in every moment.
 The word, **Vivation**, is derived from

the Latin word for life; the process is kinesthetic and greatly enhances our ability to touch our deepest selves, and expand our happiness and enthusiasm for life.
 Discover your own inner resources, and renew your commitment to experiencing peace, joy and harmony, in body, mind and spirit.

Individual sessions: \$65
Introductory evenings: \$35
Introduction to Vivation (includes group sessions): Wednesday, April 20, Wednesday, May 25, 7:30 - 10:30 p.m.
 Enrollment limited to eight people per evening, so call for reservation & location: 736-4665.

AWARENESS & CHOICE

I will support you in:
 • Getting what you want in your life
 • Changing beliefs and behaviors that no longer work for you
 • Learning to communicate more effectively
 My aim is to assist you to create empowerment in both your work and personal life. I work with both individuals and groups.
Reila Cruise, B.A., Counsellor, 888-2146, LANGLEY.

JULIE FLOWERDEW, M.A. CHRYSALIS COUNSELLING

To help you through the knots in life. Loving, caring ways of letting go.
 • Bereavement/Loss Issues
 • Burnout & Stress Management
 • Relaxation Techniques
 • ACOA/Dysfunctional Family Issues
 • Creative Visualization
 Call 464-9289. Evening appointments available in MAPLE RIDGE.

CLINICAL BIOFEEDBACK & RELAXATION THERAPY

COUNSELLING & PSYCHOTHERAPY
Scott McKee, Registered Psychologist
Certified Biofeedback Therapist.
 — Chronic pain (eg. — migraine & tension headache)
 — Stress-related health disorders
 — Health enhancement
 — Relationships & Personal Growth
 — Parent-child issues
 — Counselling and psychotherapy for adults, adolescents and children.
 #414 - 1200 Burrard Ave.
 Call 684-4411, VANCOUVER.

LIVING WITH CHRONIC PAIN JENNIFER SHIFRIN

Therapy and workshops. See FAMILIES, CHILDREN & CHILDBIRTH sections.

COUNSELLING

To help clarify issues and create healing changes.
 Also available:
 * Visualization & Stress Management classes
 * Reiki (Meditative Touch)
 * Relaxation/Guided Meditation tape
Evelyn Sloboda, B.A., Honours; 2nd Degree Reiki. Creative Counselling Services 941-6814, PORT COQUITLAM.

NLP COUNSELLOR & HYPNOTHERAPIST
MAUREEN BLAINE-WHITE
 For information call 430-4206.
 See display ad page 3.

COUNSELLING & THERAPY FOR WOMEN

MICHAELA JOHNSON, B.S., M.A.
 I use an eclectic approach in my work integrating gestalt, hypnosis, encounter and dream work with feminist theory. My specializations include issues in sexuality, relationship counselling and working with addictive thought patterns and behaviors.
 Fees tax deductible. Phone 733-7721.
VANCOUVER.

ORCA HYPNOSIS SEMINARS—CERTIFICATION COURSE

See ad page 63.

SUMMER ISSUE DEADLINE: April 29, 1988
THEME: Creative Adventures

LILLIAN ELLIS COUNSELLING

- Personality enrichment leading to improved relationships.
 - Increased awareness leading to improved balance of freedom and responsibility.
 - Release of inner resources, leading to improved ability to deal positively with stress, frustration and depression.
- For an appointment phone 261-4610—because I care. VANCOUVER.

PATTI CAWSEY CONTACT COUNSELLING

- Co-Founder of Overspender\$ Clinic
- Examine your relationship with money, increase your awareness and self-esteem, and learn to control your spending. I work with individuals, couples, families, using a supportive professional approach.
- Phone 224-3476.

CONTACT COUNSELLING

- Founders of Overspender\$ Clinic
 - Sexual/Physical Abuse, Compulsive Behaviors, Eating Disorders, Criminal Behaviors, Relationship Issues, Self-Esteem, Anger, Guilt, Assertiveness.
 - Professional approach with individual, couple, family sessions.
- Patti Cawsey, Cristina Ciccone, Dixie Kilroe, Wilma Dixon.
- Phone 420-1263.

LEARNING TO LOVE YOURSELF

The Maranda Friedman Approach to Eating Disorders focuses on breaking down the addiction to and obsession with food and fat.

Individual and group counselling.

Doris Maranda, M.A. 736-7180.

Sandy Friedman, M.A. 689-8399.

PAST LIFE REGRESSION & REGRESSION THERAPY ELLY AND PETER ARNOLD

Memories are affecting your daily life, positive and negative. With 9 years of experience in past life regression and therapy, Peter and Elly help you to work with, and release the negative from, your subconscious, where all memories are stored from this and past lives.

Lectures and workshops available. Phone 581-1449.

HARRESON TANNER & BLANCHE TURNER PERSONAL GROWTH CONSULTANTS

We extend an invitation for you to experience a deeper love and knowing of self.

We support your growth utilizing breath integration, meditation, affirmations, and our own relationship experience.

Broadview Consulting.
For info and appointments phone 984-8597.

SEXUAL AND RELATIONSHIP THERAPY

BIANCA RUCKER, R.N., B.Sc.N., M.A.

Resolve your sexual difficulties or relationship conflicts be they recent or long-standing. Using brief therapy and/or self-hypnosis, I help people solve concerns such as:

- sexual desire problems or discrepancies with partner
- communication problems
- for men—erection difficulties or premature ejaculation
- for women—difficulties with orgasm, discomfort with intercourse, or inhibitions in sexual expression.

Office: 1431 Howe, VANCOUVER, 688-6567.

MELBA BURNS, PH.D. COUNSELLING & REBIRTHING

In our work together you will remember who you are again.

Individual sessions, plus empowerment groups that will:

- move you beyond addictive relationship patterns for "Women Who Love Too Much"
- foster your creativity
- open you to your unique purpose
- reawaken you to have what you want in your life

Learn to love who you are. VANCOUVER, 736-6789.

HYPNOTIC REGRESSION THERAPY & COUNSELLING

EROCA SHALER
REGISTERED PSYCHOLOGIST

Using hypnotic regression therapy, you can recall past experiences which have shaped present life problems and re-program your inner mind to let these old experiences go.

Instruction in self-hypnosis provided at the same time. Special interest in addiction and sexual abuse problems.

Fees tax deductible. Phone 731-7737. Office: #201-2245 W. Broadway, VANCOUVER.

MAUREEN McEVOY COUNSELLOR AND CONSULTANT

- adolescents and adults
- child sexual abuse, depression, self-esteem, sexual issues, relationships, eating problems, addictions.
- Techniques include visualization, gestalt, hypnosis and art therapy. Feminist framework.
- available for workshops.

Sliding scale. Fees tax deductible. Phone 732-3227. VANCOUVER.

ALANA SCHROEDER, M.A. REGISTERED PSYCHOLOGIST

Groups (using hypnosis)

- Stop Smoking
 - Stress
 - Obesity
- Individual Therapy
- hypnosis
 - relationships
 - personal concerns

1411 Bellevue, WEST VANCOUVER.
For further information & registration call 926-5910.

COUNSELLING & THERAPY

BARBARA BJORNDAL, S.W.

For individuals who want to experience fuller, positive, loving, creative lives.

Focus:

- Problems with anger, depression, anxiety.
- Sexual, relationship, intimacy issues.
- How to change negative thought and behaviour patterns.

Sliding scale.

Telephone: 251-9561. VANCOUVER.

DIXIE KILROE CONTACT COUNSELLING

Are you having money problems?

Do you experience:

- never enough.
- uncontrollable spending
- obsessive saving
- never-ending debts

Through exploration of your emotional connections to money at an unconscious level—you can free yourself & enjoy a secure financial life.

FREE 1/2 hr. consultation. 420-3870.

RELATIONSHIPS



"Have the Man
You Want In
Your Life
Right Now!"
— Sue Watson

Do you have the man you want in your life? If not, I can show you exactly how to have him. The women who have taken my course met the man they said they wanted within 2 weeks. When you learn how to be clear about what you want—rather than what you don't want—and you say it precisely, "Mr. Right" shows up for you.

I met my husband within 2 hours of following my own instructions. He was,

and continues to be exactly the man I want in my life right now!

I will coach you in using your woman's power and intuition through what you say, to have your heart's desire. You can do it. You deserve it. The present is your point of power.

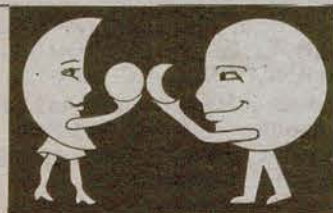
Spring Schedule

Weekend Courses: "Having The Man You Want In Your Life Right Now!"

Saturday and Sunday, March 19 and 20, with Thursday evening follow-up, March 31. Also April 23/24, May 5; May 28/29, June 9; June 25/26, July 7; and July 23/24, Aug. 4.

Individual consultations for men or women, speaking engagements and group rates available by appointment.

Call SUE WATSON, 873-8933, VANCOUVER.



LOVE IS CREATING A SHARED WORLD

COUPLES! PUT LOVE INTO YOUR MARRIAGE

Are you tired of being taken for granted by your spouse? Have you convinced yourself that love and marriage don't mix?

I will show you how to have love and security. In fact, real love is your greatest

security. True love creates shared values and interests that are meaningful to both partners' self-expression.

But the different upbringing of the sexes makes it difficult to naturally want to spend time together. My in-depth astrological analysis will reveal your true identity, so couples can find common

ground important to both. When you are at your best, you have the courage to accept the best from life.

Start today by putting love into yourself and your marriage by making an appointment with Charlotte Cooper, Astrological marriage counsellor, at 681-3271 or 589-9247.



You've just found the most enjoyable way to meet new people. Bar none.

Our events are the most enjoyable way for unattached adults to make friends outside their professional or established circle. You'll meet interesting individuals who share your interests.

THE SINGLE GOURMET is not a dating service. We aren't matchmakers

and we don't believe in blind dates! We're an international dining and social network which believes in providing an exciting and proper social environment within which perfect strangers meet.

We offer perfectly planned gourmet dining experiences, fabulous theme parties, travel to exotic places, elegant

dinner-dances, wine tastings, murder mystery weekends—even limousine races.

For further information please contact: THE SINGLE GOURMET, 1400-1500 West Georgia St., Vancouver, B.C. V6G 2Z6, 683-3660.

RESTAURANTS

THE ALMA STREET CAFE

The Alma Street Cafe serves breakfast, lunch and dinner seven days a week in bright, cheerful surroundings. It's a European-style cafe featuring locally available fresh seafood and produce prepared to reflect the growing B.C. Cuisine.

All dishes are prepared from scratch, and the menu changes daily.

Fresh baking, freshly squeezed fruit juices, espresso, and an award-winning wine list (try B.C. Estate wines by the glass) are all reasons why Alma Street has become a favourite of locals and out of town visitors alike.

Live jazz Friday and Saturday nights.

Harpist during Sunday brunch.

Open Mon-Thurs., 7:30 a.m. - 11 p.m.; Fri. & Sat., 7:30 a.m. - Midnight; Sun. 8:30 a.m. - 11 p.m. Major cards accepted.

The Alma Street Cafe, 2505 Alma St. (at Broadway), VANCOUVER, 222-2244.

Greens and Gourmet

Since opening this summer Greens and Gourmet has rapidly become the natural talk of the town.

Greens and Gourmet features:

- a humungus salad bar
- hot and cold self-serve buffet
- a great menu including traditional macrobiotic, ethnic and raw food dishes
- a California-style fresh juice bar
- a great natural breakfast menu

• incredibly delicious natural desserts and pastries.

• friendly waitress/waiter service

All this beautiful food is served at reasonable prices in a charming natural atmosphere.

Greens and Gourmet has an uncompromising commitment to preparing all of our foods fresh for you daily using natural and organically grown ingredients, wherever possible.

Greens and Gourmet is open for your convenience everyday for breakfast, lunch and dinner 7:30 a.m. - 11 p.m. weekdays, 8:30 a.m. - 11 p.m. weekends.

Greens and Gourmet is taking reservations now for holiday parties and gatherings. Call now about our special group holiday discount rates.

Greens and Gourmet, 2681 W. Broadway 737-7373.



HARE KRISHNA TEMPLE Vegetarian cuisine

Lord Chaitanya (Canada's largest free-standing statue) invites you to experience pure vegetarian cuisine at its finest in a pleasant vedic setting.

Traditional recipes are prepared with devotion and natural ingredients.

We are prepared to serve you noon to 8:30 p.m., Monday through Satur-

day. Sunday Feast: 4:00 p.m. to 8:30 p.m.

5462 S.E. Marine Dr., BURNABY, 433-9728.



The Naam Restaurant—still cooking up a storm after 18 years of service in Kitsilano. And it's growing too, in a natural sort of way. From a small cafe, it's doubled its space, and opened a large patio. It has a large salad bar, full menu, beer and wine, fireplace, full service, live music every lunch and dinner and special

revolving art shows. It's a warm and lively place, bubbling with good food, music, and people. A great place to eat!

Prices range from \$3-\$5 for lunch, and \$3 to \$10 for dinner. Now Open at 7:30 a.m. for breakfast.

The Naam Restaurant, 2724 W. 4th Ave.

Mon.-Thurs. 7:30 a.m. - 10:30 p.m.

Fri. & Sat. 7:30 a.m. - 11:30 p.m.

Sunday Brunch 8:30 a.m.

Visa, Mastercard 738-7151.



Woodlands Natural Gourmet Restaurant offers one of the finest vegetarian dining experiences anywhere... with an extensive hot buffet selection of international entrees—all prepared without any artificial ingredients.

We bake all our own breads, pastries and desserts daily. Our salad bar is

dressed with a delightful variety of garden greens and fresh fruits. Visit the new Atrium Dining Room, "Vegetarian food served with a touch of real class." -Vancouver Sun. Open 5-10 each evening. Perfect for parties or group meetings. Licensed.

Open daily: 7 a.m. to 10 p.m. (Sat. &

Sun. 8 a.m. - 10 p.m.). Woodlands Natural Gourmet Restaurant, 2582 West Broadway (upstairs) at Trafalgar in KITSILANO. 733-5411.

BUDDHIST VEGETARIAN RESTAURANT

363 EAST HASTINGS STREET
Business hours: 11 a.m. - 9 p.m. Visa welcome. Tel. 687-5231.

Authentic Chinese Vegetarian Food served by excellent chef from Hong Kong. We serve Dim-Sum lunch and dinner. Our food has no M.S.G., animal fat, or fish.

NATURAL FOODS RESTAURANT

Discover the oasis of fine vegetarian foods in Kitsilano. Located at 4th and Burrard (behind Lifestream) you will find our hot and cold buffet with daily fresh salad bar offering a variety of hot

international dishes and fresh cold veggies at reasonable prices.

Open seven days a week, 10 a.m. to 8 p.m. (except Sundays, open 11 a.m.)

Natural Foods Restaurant, 1813 W. 4th Ave., VANCOUVER, 733-5528.

SPIRITUAL PRACTICES



BIG EAGLE

Spiritual Guide to



PETER MORRIS

Now in our 41st year, internationally known medium Peter Morris with channelled guidance from Big Eagle and Professor Jenkins, offer teaching in spiritual healing, past lives, trance development, stress management and the "one second step to meditation" (tapes available).

A selection of Workshops and Lectures are available on Healing, Meditation, Channelling, Past Lives, Ghost-Busting.

Private groups and Individual appointments. Personal consultations by mail on tape. Ask about a group meeting in your home or town.

Open meetings every Monday evening at 7:30 p.m. at The Vancouver Health Enhancement Centre, 1644 West Broadway, VANCOUVER, B.C. 736-6727.

For more information call: 433-6493 in Vancouver, B.C. or 885-7779 in Sechelt, B.C. or write: Box 404, SE-CHULT, B.C. V0N 3A0.



The "Co-Op" is a constellation of various Vancouver-based Buddhist groups which meet monthly to gather support and encouragement for individual as well as cooperative projects. We welcome participation by any person or group.

May All Beings Be Happy!

The Dharma Centre: Teacher Jhampa Shaneman. Weekly sittings. Box 5, Duncan, B.C. V9L 3X1. 748-6028.

Vipassana Meditation Group: Meets Mondays, 7:30 p.m., 2577 Willow Street, Vancouver. Call Sid 327-0498.

Zen Centre of Vancouver: Joshu Roshi affiliated. Meditation and instruction Tuesday/Thursday 7:30 p.m.; Saturday mornings. 899 East Pender Street. 253-2572. Accommodation available for rent.

Kagyu Kunkhyab Chuling: Vajrayana Buddhist Centre, Kalu Rinpoche, Found-

er. Meditation and teaching program with three resident Lamas. Mountain retreat facilities. Phone: 434-4920; GANGES 537-5269; VICTORIA 474-3728.

Lions Gate Buddhist Priory (Shasta Abbey affiliated): Resident monk. Meditation, classes, ceremonies, spiritual counselling, free meditation instruction. VANCOUVER 738-4453.

SPIRITUAL PRACTICES



DHARMADHATU

Dharmadhatu is a Tibetan buddhist study and meditation center founded by Vidyadhara the Venerable Chogyam Trungpa, Rinpoche. Meditation periods, open to all, are available each week at the following times:

Monday: 7-8 p.m.; 7:30 p.m. - Open House.
Tuesday: 7-8 p.m.
Wednesday: 7-8 p.m.; 7:30 - Shambhala Open House.
Thursday: 7-10 p.m.
Saturday: 9:30 - 12:00 noon
Meditation instructions is available each Monday evening at 7:30 p.m. at our

Open House. In addition to instruction the Open House provides an opportunity to hear a talk on the basic approach of the meditative tradition.

If you would like to receive instruction at another time or would like further information please call 874-8420. Dharmadhatu is located at 3275 Heather Street, VANCOUVER.



Michael Blake Read has moved to Vancouver. He offers deep-trance sessions with THE EVERGREENS.

More than 5,500 sessions with THE EVERGREENS over the past 13 years have shown a consistency of belief and freshness of ideas. Their approaches to solving any problem have enhanced a

great number of personal and business successes. A reading with THE EVERGREENS is an experience many have said was a turning point in their lives.

Elly Roselle, a co-ordinator of THE EVERGREENS sessions, perceptively aids questioners so a session with THE EVERGREENS can be used to full ad-

vantage.

Call us for information on individual sessions, seminars, special research projects, study groups or lectures for your group or organization.

ROSELLE+READ+FRIENDS, 5742-133rd St., SURREY, B.C. V3W 4P5. 594-7422.

Getting Clear.

Spiritual Development Program

Be the person you have always known you could be—and more!

PSYCHIC AWARENESS CLASS

Learn simple, practical techniques to focus your awareness and effectively make change in your life. Introductory workshop: \$10. Eight weekly classes: \$120.

ENERGETIC HEALING CLASS
CLAIRVOYANT READING PROGRAM
Prerequisite: Psychic Awareness Class

CLAIRVOYANT CONSULTATIONS

I bring clarity to your life situations and relationships that allows you to joyfully create what you really want in all aspects of your life. \$60 hour.

Chris Shirley, Inner Garden Activity Centre, 535 West 10th Ave. (at Cambie) VANCOUVER, 875-8818.

Office/Seminar Space Available.

LAZARIS

Lazaris is a non-physical entity who channels his Love, insight, wisdom and humour through Jach Pursel, a trance channel. Lazaris is here to help us become all that we are, to reach our fullest potential as human beings, and then as spiritual beings.

Why is Lazaris so special? He beauti-

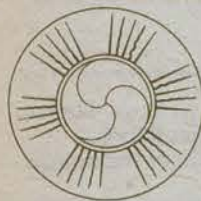
fully combines practical technique with spiritual insight. He is neither guru nor master, he's our friend.

Lazaris videos are shown 8:00 p.m. Thursdays, cost \$5.00. Private video viewings arranged; video tapes (VHS) for rent \$5.00/day; audio tapes (50+ titles) for listening/rental. Audio and

video tapes, books, posters and Seattle workshop tickets for sale.

Inner Garden Activity Centre, 535 West 10th Avenue (at Cambie), VANCOUVER, B.C. V5Z 1K9 (604) 875-8818.

Seminar/office space for rent.



SHAMBHALA TRAINING

According to the tradition of Shambhala, the warrior is someone who is both brave and gentle, and who can meet the continuing challenge of life without aggression or fear. By facing ourselves directly through meditation practice we awaken our natural intelligence, gentle heart and sense of humor.

The basic Shambhala principles are presented in the book *Shambhala: The Sacred Path of the Warrior* by Chogyam Trungpa.

You are cordially invited to attend our open house program every Wednesday at 7:30 for meditation (instruction available), talks by senior students, discussion

and tea; free of charge.

Level 1 — Ordinary Magic May 13-15 starts with a free public talk and continues with a weekend seminar on Saturday and Sunday.

All events are held at 3275 Heather St., Van. For further information please call 872-3944.



ॐ दीप

SRI DEEP
MADHAVASHRAM
Vancouver

Yoga-Vedanda Philosophy, Hatha Yoga Asanas, Pranayam, Meditation, Relaxation; Special courses for spinal problems.

Classes: Weekly Introductory to Advanced; Weekend Retreats; Weeklong Seminars.

Resident Swami Gitananda belongs to the new generation of yoga teachers born in the West. She is an accomplished

adult educator and psychotherapist, and close disciple of the internationally known master Paramahansa Yogananda Swami Maheshwaranandji. His program, based on the ancient Indian system of mental and physical discipline are adapted to meet the needs of the Westerner in our complex times.

With regular practice, anyone regard-

less of age or circumstances can achieve health, peace of mind and harmony with all of life.

For more information, class times, satsangs, open house, ashram publications, music, library, consultations and appointments, call 261-5974.

All are welcome.

Transcendental
Spiritual
Retreat
with
Master
Imre Vallyon-Ji



THE NEW AGE CENTRE OF HIGHER LEARNING

This Registered Society under the guidance of Master Imre Vallyon-Ji teaches all forms of spiritual, mental, psychological, and physical training with an overview of the evolution of man, and entry into the NEW AGE. It

emphasizes the synthesis of all spiritual traditions, East and West, transcending all barriers to encourage co-operation in the spirit of LOVE.

For information on retreats, workshops and classes, call:

Slocan: Inguild (604) 226-7881.
Salmon Arm: Susan (604) 832-9938

Calgary: Joanne (403) 271-1825
Edmonton: Peter (403) 955-7400 (bus.)

Or, write:

NACHL
P.O. Box 1191, Stn. T,
CALGARY, AB. T2H 2H5.

*Vancouver
Art of
Living
Centre*

A VANCOUVER "NEW THOUGHT" EDUCATIONAL CENTRE

With Classes in:

- The basic principles of the "Science of Mind."
- New thought concepts of Ernest Holmes, Charles Fillmore, and others.
- The Psychology of Self Understanding.

- Relationships and Addictive Relationships.
- New thoughts into Health.
- Course in Miracles.
- Metaphysical Bible Study.
- Meditation, Affirmation and Creative Visualization.
- Mastermind Groups.

You are always welcome at the 11 a.m. SUNDAY MORNING CELEBRATION SERVICE for a time of Music, Meditation and Inspiration, 1664 West Broadway St., Vancouver 736-2428.

Member: International New Thought Alliance.

THE SWEDENBORG SOCIETY OF B.C.

Welcomes inquiries by those interested in the writings of Emmanuel Swedenborg—18th century theologian and scientist.

For information regarding society meetings, study groups, lectures, books, and other resources, please call 324-4952.

A COURSE IN MIRACLES

The Canadian Foundation for Inner Joy is offering instruction in A Course in Miracles on Thursdays & Sundays in Vancouver.

Call 925-3050 or 731-1843. No charge, donations accepted.

CHANNELED READINGS BY JARED GOLDENHEART (GERRY LYNCH)

"Ask and it shall be given." This is a Universal Law. As a messenger I serve to forward the answers you seek. I channel Sananda, Ashtar and Ankhor.

For private readings call Jared at 689-0637, VANCOUVER.

SHAMANIC WORK

- guiding groups and individuals in explorations of shamanic traditions and practices.
- using Medicine Wheel teachings in ceremonies for weddings, births, transitions.
- bringing participants into fuller awareness of themselves and the gifts of Earth and Sky.

DORA FITZGERALD, 736-6820.

SPIRITUAL PRACTICES

ANANDA MARGA/PROUT MEDITATION

Meditation is a tool that can satisfy the living being's thirst for limitlessness. It also brings about deep love for humanity and all life, and a desire to fight against injustice.

Call 876-6390 (VANCOUVER), 383-3418 (VICTORIA).

VIPASSANA MEDITATION AS TAUGHT BY S.N. GOENKA

Offering ten-day meditation courses which provide mental training of profound practical value in everyday life.

Next 10-day course: March 28-April 8, White Rock, B.C.

Introductory talks—Call for information.

Vipassana Foundation, 95 W. 23rd Ave. VANCOUVER, V5Y 2S8, 876-8343. 79 High St., VICTORIA, V8Z 5C8.

DEVOTIONAL GATHERING

DHARMA SARA SATSANG SOCIETY offers chanting, meditation, spiritual readings, devotional service based upon the principles of Ashtanga Yoga and teachings of Baba Hari Dass.

Sundays, 10:30 a.m., Vancouver Multicultural Centre, 1254 West 7th Ave.

For information call 873-5992. VANCOUVER.

PAST LIFE REGRESSION

Many conditions in our present, first began in an important past life.

Your Higher Self can put you in touch with these conditions.

I can put you in touch with your Higher Self.

Anna Jantzi, 733-4264.

KARUNA MEDITATION SOCIETY

• Insight Meditation (Vipassana)—6-week introductory class begins Wednesday, April 27, 738-3874.

• Meditation class for people with AIDS, Tuesdays 2-4, 872-0431.

• Meditation for World Peace, April 23, 9:30 a.m., 733-3330.

• Day Retreat—Lovingkindness Meditation, April 24, 733-3330.

• Weekend Retreat with Carol Wilson, May 6-8, 253-9589.

MEDITATION AND MANTRA

DR. USHARBUDH ARYA, D. LITT.

Director, Centre for Higher Consciousness, Minneapolis, and Leading Disciple of H.H. Swami Rama of Himalayan Institute, author of several books on meditation and philosophy. Now visiting from May 26-June 2. A rare opportunity to progress in meditation. Phone: 438-3802 or 263-7342 evenings.

BRAHMA KUMARIS RAJA YOGA CENTRE

Explore the inner workings of the soul in a one-week course, gaining mastery over your life.

Master the dynamics of karma, learn the natural way of breaking mental bondages. Negative and unwanted habits are banished forever. Stress is replaced by peace, worry is transformed into well-being.

All courses and programs free of charge. Meditation every Sunday 7-9 p.m. For information call 321-6320, VANCOUVER.

TIME OUT & TRAVEL



CLAM BAY FARM

Imagine a one hundred acre farm rich with crops, meadows, forests and wildlife, a stocked trout pond and a half mile of ocean shoreline just over one hour from Tsawassen by ferry. Share this idyllic setting with us on beautiful Pender Island.

Our facilities are open to groups of

8-12 people for workshops, seminars and retreats of all kinds. We provide the ideal atmosphere for a high quality experience for your group.

In addition to the natural beauty of the surroundings you will enjoy nutritious meals cooked from our own organically grown crops and produce. We

offer leisure activities such as fishing, horseback riding, canoeing, hot tub and sauna, walking trails and plenty of fresh, clean air.

Contact: Clam Bay Farm, RR #1, PENDER ISLAND, B.C. V0N 2M0. 629-6313.



DANCING MOUNTAIN wilderness school

Conscious journeys through Canada's wilderness. Travel by boat and on foot in the remote heart of southern British Columbia, on gentle trips of personal growth and discovery. On our week-long journeys you can camp on a wild beach once used by Indians, howl at the moon as it rises over our tipi, meditate

on a mountaintop surrounded by wildflowers, or play under a crystalline waterfall.

Our highly skilled and sensitive staff can also guide you through the wilderness of yourself, drawing from transpersonal psychology, Reichian and Ges-

talt approaches, as well as Native American and Eastern traditions.

Join us in a celebration of the human spirit.

Write or call: DANCING MOUNTAIN, Dept. V, R.R.1, NELSON, B.C. V1L 5P4 (604) 352-2682.



MISTY ISLE TOURS B.C. NORTH COAST BOAT CRUISES

Contact:

Ron Taylor
150 Vanarsdol St.
Prince Rupert, B.C.
V8J 1E3
(604) 627-1092

Sea Lure, a classic 1938 yacht, couples cruising comfort with the ambience of a bygone era. She is fully equipped with all the amenities to make your voyage a pleasure.

Your wilderness cruise may include the mystical Queen Charlottes, the wild Kutzymateen, or the historic Alaska Pan Handle with great opportunities for fishing, photography, diving and beach combing.

Ron and Anne Taylor, owner/operator

tors await your arrival and will welcome you as crew, not tourists. You will take your turn at the wheel as you embark on an unforgettable adventure of your choosing.

Charter the Sea Lure for:

- EXPEDITIONS
- DAY TRIPS (6 people max.)
- DINNER CRUISES
- CUSTOM TRAVEL PACKAGES (4 people max.) — Port Hardy to Prince Rupert.



SOUTH MORESBY WILDERNESS ADVENTURE EXPEDITIONS

The Rupert Pelican, a locally built 48' Butthead Schooner, with free standing lug rig, private cabins, and choice cuisine, is chartering on the Queen Charlotte Islands this summer. Charters will be a

minimum of one week, for one or two couples, a family or singles.

Custom itineraries for your choice of action and relaxation. We look forward to being your North Coast hosts.

Rupert Pelican Charters
Richard Sobel and Kim Zang
Box 532
Prince Rupert, British Columbia
V8J 3R5

627-7777 message or Direct to Rupert Pelican Dial-0711 Channel 27, P.R. N 168326.



Salt Spring Island

Taurus Farm Bed 'n Breakfast

Welcome to Taurus Farm!

Our restored heritage home is situated on 10 acres of beautiful pastoral land at 800 Lower Ganges Road. We are adjacent to the golf course, tennis courts, a track and playing field.

With our delightful guest rooms and wholesome natural breakfasts (... home-

made bread and jams, farm-fresh eggs, herbal teas and specialty coffees) Taurus Farm is a great place to slow down and tune into "Island Time."

You can start your day with coffee on the veranda and end it with a relaxing sauna or hot bubble bath complete with homemade soaps and suds. Join us.

RATES: \$40 double, \$25 single. RESERVATIONS RECOMMENDED. Contact: Betty Calkins (604) 537-4076, Box 1543, GANGES, B.C. V0S 1E0.

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TRAVEL C.U.T.S. is able to provide all the services and conveniences of an IATA licensed travel agency. In addition, and owing to our status as a wholly student-owned agency, we are able to offer unique budget travel opportunities

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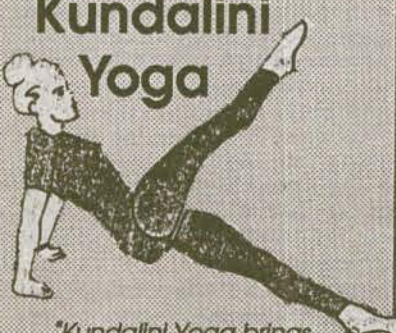
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Book

REVIEWS

THE SACRED TREE

Four Worlds Development Project
(University of Lethbridge, \$8.50)
Reviewed by Christopher Buck

Trying to identify an "author" for this book on Native spirituality is like asking, "Who wrote the Bible?" And where can you find a "Bible" of Native Canadian wisdom? Until *The Sacred Tree*, just about all the average reader could get his or her hands on was *The Gospel of the Red Man* or *Black Elk Speaks*. For a non-native person sympathetic to — or at least curious about — native spiritual traditions, it's almost impossible to find a book truly representative of an overall native world view. Now, at last, after the participation of native spiritual leaders from across North America, *The Sacred Tree* emerges as a major collaborative effort to present the native spirit.

Land claims and politics aside, *The Sacred Tree* reminds me of that part of the Lord's Prayer which says, "on earth as it is in heaven." The Sacred Tree itself is a kind of native Tree of Life, under which "all the people of the earth... may gather" and "there find healing, power, wisdom and security." The Sacred Tree unites heaven and earth, and communicates between the two: "The roots of this tree spread deep into... Mother Earth. Its branches reach upward like hands praying to Father Sky." Here we have both masculine and feminine aspects of the "Creator." "Our Father Who art in heaven" is here complemented by Our Mother Who is in Earth; One God we can picture like our parents — together.

Why a book on native spirituality? The Four Worlds Development Project — one of whose goals is to eliminate alcoholism and drug abuse on reserves by the year 2000 — has a new philosophy of development: "No vision — no development." Native Canadians need to rediscover their culture, which is the source of new vision. The traditional native culture is recognized to be rich, important, life-inspiring and culture-preserving.

Beyond native peoples, peoples of all walks of life can learn from the native perspective. Of all religions today, it is safe to say that native spirituality is more concerned with the Earth in "on earth, as it is in heaven" than any other spiritual path. Not better than other religions, but one that has its own contribution and special emphasis.

I am standing
In a sacred way
At the earth's center
Beheld by the people,
Seeing the tribe
Gathered around me.

(Lamedeer)

This is a song, for the sun dance, on behalf of the Sacred Tree. This song characterizes the most striking feature of native spirituality presented in this book: *relatedness*. The essence of all forgiveness, of repentance, of salvation and rebirth is to

bring about harmony in all our relationships to each other, to nature and to our Creator. The Sacred Tree teaches how. It is a way to make Christianity a deeper walk, a way to render ourselves more noble, a way for native peoples to enlighten themselves and the rest of us.

One spiritual guide on the inner journey towards a new vision of self and world is no Ramtha or other entity — it is, symbolically, the turtle, "who not only teaches to go within, but also grants the gift of perseverance to those who learn his ways." The reader sees here the emphasis on self-discovery — not readings, not being preached to, not being told. And similar to the origins of martial arts by Buddhist monks, lessons from nature are learned. Mother Earth is really the teacher in this simple but profound book.

The Sacred Tree is authentic. It has the input of many native Canadian and American spiritual elders, along with educators and professionals of various native communities in North America. Yet there is also an atmosphere of innocence that pervades this work, illustrated as it is by simple, yet dramatic pen and ink drawings. The content of *The Sacred Tree* is meant to start one on the path of harmony, self-discovery and transformation. Apart from the individual lives this spiritual guide will touch, *The Sacred Tree* is doing its part to transform our picture of "the first Canadians," and is a vision in which native Canadians will take increasing pride. (*The Sacred Tree* is available at Banyen Books and at the Baha'i Bookstore & Information Centre.)



WHEN SOCIETY BECOMES AN ADDICT

By Anne Wilson Schaeff
(Harper & Row)
San Francisco 1987

Reviewed by Sharon Burrows

In this book Anne Wilson Schaeff tells simply and truly why we are where we are as a society.

In her previous books, *Women's Reality* and *Co-Dependence* she explored the "patriarchal" general society.

In *Women's Reality* she outlines three systems, the White Male System, the Reactive Female system that upholds it, and the Emerging "Female" system that is an alternative to it. She explains the prevailing delusion that the White Male system is the only one that exists, is innately superior, knows and understands everything and is able to be totally logical, rational and objective. The basic concept of the Reactive Female system is the original sin of being born Female. Only by obtaining male validation and approval will women be absolved of original sin.

The Emerging System is an open system, a system of process, of men and women, trusting their own perceptions. In her new book, *When Society Becomes An Addict* Schaeff names the first two systems the Addictive System, and the third the Living Process System. This moves beyond the male-female dualism to an exploration of the effect a nonliving orientation has on all of us.

In *Co-Dependence*, Schaeff disclosed information about co-dependence, an illness within the addictive process. At first it develops as an adaptation to the addictive

process, then takes on a life of its own, persisting, untreated, in individuals and families after the addict has left or recovered. The addictive process accounts for alcoholism, drug addiction, eating disorders, sexual addictions, gambling, and the sub divisions of co-dependence, co-alcoholism, para-alcoholism and addictive relationships.

These disorders have different labels in the mental health systems: psychoses; obsessive-compulsive personalities; narcissistic, dependent, antisocial personalities; or depression. The Women's movement labels these disorders Non liberated. Family therapy labels these disorders as dysfunctional or chemically dependent families.

Within the chemical dependence field, she says, an addiction is broadly considered to be the compulsive need for any substance or process outside the person that becomes more important than sobriety, a person's living process and/or spirituality. It is also known that giving up the chemical of choice is just the tip of the iceberg, that other addictions still remain to be fought, supporting the ideas of an addictive process, not just a particular chemical addiction.

The co-dependent and/or enabler is also suffering from the addictive process, and must actively work at recovery. Co-dependence (or co-alcoholism or para-alcoholism) is amenable to 12 step treatment, as first presented in Alcoholics Anonymous. Programs for eating disorders, parenting, sex, relationship, dysfunctional families are expanding dramatically. This idea of co-dependence includes everyone around addicts, including therapists, counsellors, doctors, ministers and family. Thus we are dealing with a broad systemic dis-ease, from which the specific addictions and dependencies arise.

Characteristics of co-dependence include: control, confusion, dishonesty, frozen feelings, perfectionism, thinking disorders, other directedness, dependence, fear, rigidity, judgementalism, depression, inferiority/grandiosity, self centeredness and a loss of personal morality. These characteristics are often accepted as normal in our culture, where families, schools and churches encourage the repression of feelings, dishonesty, perfectionism, thinking disorders, rationalization.

In *When Society Becomes An Addict*, Schaeff goes on to describe the devastating effects on our emotional, physical and spiritual health when the society in which we live functions as an addict.

Section I of the book provides a general introduction to addiction, using the model of relationship addiction.

Then she describes the co-dependence concept as a primary illness affecting over 90% of the population, whose have had alcoholism in spouse, parents, grandparents, or in their marriage. Many co-addicts become nurses, doctors, counsellors, whose low self worth causes them to find meaning in making them indispensable to others. They are the good people, the sufferers, servers, who have ulcers, high blood pressure, colitis, back pain, rheumatoid arthritis and high cancer risk.

The institutions of the addictive system-families, schools, churches, professional training- all invite us to be co-dependent, she says. When people refuse to be co-dependent, addicts do not get the support they need to continue.

In part 2 she names the characteristics of the addictive system using the concept of the hologram. Each piece of a hologram contains the entire structure of the whole. For example, the Medical Model of the mental

Continued on page 58

Write

ON

To the Editor:

Guy Dauncey's article in Issue 21 of *Common Ground* contains a number of poorly supported statements and, though well meaning, uninformed opinions.

He states "Money must... not be thrown wildly into the winds of fortune, which is what has been happening, and which the October crash reflected." Although there has been speculation in some stocks, this year's speculation did not reach that of previous stock market highs as evidenced in PE ratios, the most significant measure of stock values. Nowhere in his article does he mention the quantity of money invested via the market in the past year that was raised to finance "new issues" of stock and the positive effects of these new issues.

New issues often support the growth of new progressive companies. One example is the company Repap. Repap uses new technology that efficiently cuts down the pollution in the pulp and paper industry, paper that you yourself might be using. By selling stock in Repap, money was raised to support the new technology. This is but one of many successful ethical stock investments that Mr. Dauncey could have investigated and invested in.

Although Mr. Dauncey may have good intentions, he should have thoroughly studied the financial investment industry before stating his opinions.

Sincerely
Chris Pool

To The Editor:

Modern society is addicted to money. You probably are yourself. You are addicted if you can't get by without it. How well can YOU do without money?

Addiction is most noticeable when what we need is hard to get. These days almost everybody would like more money — people, businesses, charity organizations, and even governments. That's why LET-Systems or local currencies make sense. They let us create the money to get on with the job.

Landsman Community Services Ltd. intends to start a localized currency network serving Vancouver and the Lower Mainland sometime in the next few months. The system will be called the LETSystem Vancouver and it will assume the accounts of an earlier system, started in November 1984.

The main focus of the start-up program will be a theatre-video project involving between 120 and 150 people for about eight weeks. Organization will be co-operative in nature.

The project will include street theatre by day, a nightly interactive theatre workshop and possibly a regular video broadcast. We are looking for performance space and for video production and editing facilities. Salaries will be arranged by contract and range between \$500 and \$1,000 per week. There will also be shares

of the eventual revenue for all participants.

We will also support the start up of other similar systems serving different localities — perhaps Burnaby, Kitsilano, Vancouver East, etc. — or particular groups — such as seniors' organizations, churches, or ethnic communities — as requested.

If you want to know more about this, read the article on the LETSystem in the last issue of *Common Ground*, and send \$2, with s.a.e., to 375 Johnston Ave., Courtenay, V9N 2Y2 — 338-0213/0214.

Sincerely
Michael Linton

To The Editor:

The situation in Tibet over the past 20 years has resulted in more than 1.2 million deaths, the destruction of some 6,254 monasteries, and what amounts to a virtual system of "apartheid" applied to the Tibetans by the Chinese. 250,000 Chinese troops and one quarter of China's nuclear

missile force, are stationed there.

The following 5-point peace plan was detailed by His Holiness the Dalai Lama to the congress of the United States, in September, 1987. The unfair consequences of this political statement was an immediate clamp-down on civil liberties in Tibet, particularly in Lhasa where there were public executions and peaceful demonstrators were either beaten, imprisoned or executed.

During October, all foreigners including all newspeople were exiled. To date media access has not been restored. Why is the Canadian government not addressing this issue in Parliament and making a statement to the Chinese government in regards to these violations of basic human rights?

The Dalai Lama's peace plan:

- (1) Abandonment of China's population transfer policy which threatens the very existence of the Tibetans as a people.
- (2) Respect for the Tibetan people's fundamental rights and democratic freedoms.
- (3) Restoration and protection of Tibet's natural environment and the abandon-

ment of China's use of Tibet for the production of nuclear weapons and the dumping of nuclear waste.

(4) Transformation of the whole of Tibet into a ZONE OF PEACE.

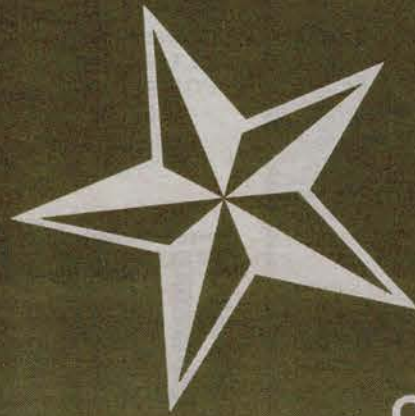
(5) Commencement of earnest negotiations on the future status of Tibet and of relations between the Tibetan and Chinese people.

It has become the job of concerned friends of Tibet outside the country to keep the issue alive.

The Canada/Tibet Committee's Vancouver Chapter is holding a rally on March 10, 1988, 12 noon at Robson Square to protest the continued human rights violations. You are welcome to come out in support or to learn more about the current situation.

For more information, contact the Canada/Tibet Committee, 2577 Willow St., Vancouver, V5Z 3N5.

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Vancouver



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Continued from page 15

wilderness integrity of the Stein; to be followed by a three month period of head-to-head negotiation. On February 25th Mr. Parker agreed to follow the procedure proposed by the two bands.

Lytton Band Chief Ruby Dunstan has repeatedly verified that her people will not tolerate construction of a road into the Stein. In October, 1987, the Lytton and Mt. Currie Indian Bands signed their 'Stein Declaration' which states "our position, which will never waver, is to maintain the forests of the Stein Valley in their natural state forever; to share our Valley with other lifeforms equally; but also to share the Valley with those people who can bring to the Stein a respect for the natural life there similar to that taught us by our ancestors."

The dialogue now unfolding at the Stein Valley follows, for the first time in British Columbia's strife-torn history, the middle ground pathway of **negotiation** toward resolution of the land-use conflicts which continue to divide native peoples and Victoria. As such, the Stein initiative represents an historic opportunity. Past dialogue

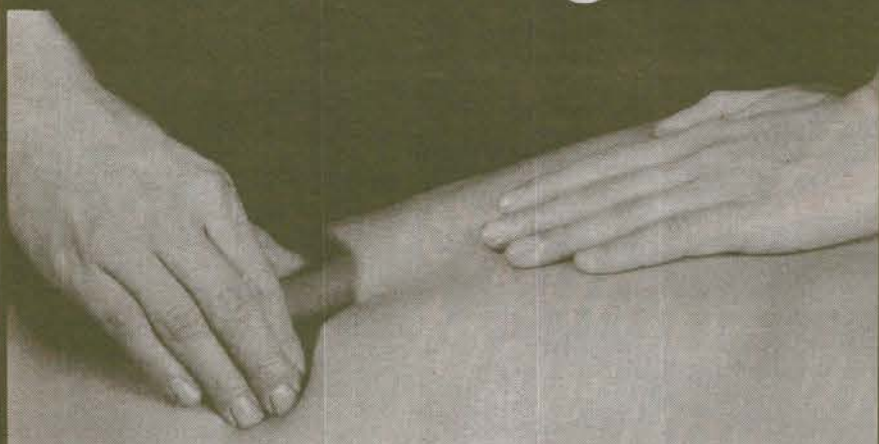
has been limited largely to confrontation or extensive, expensive litigation.

It is important to remember that on September 30th, 1987, the provincial government announced emphatically that roadbuilding into the Stein Valley would soon commence **without even having once contacted the Lytton Indian Band**. Certainly it was public pressure which finally brought the Vander Zalm government to the negotiating table in Lytton, and it will take public pressure to keep them there.

Write Premier Vander Zalm and Minister of Forests Dave Parker to commend them for at last accepting their responsibility to negotiate a settlement of the Stein Valley impasse. Insist that they stay glued to the table even when the going gets tough. As Chief Dunstan has said: "Our spiritual and cultural heritage is at stake. Surely a few months are available now to contemplate the meaning of native presence in the Stein Valley for the past 10,000 years."

Write: Premier Bill Vander Zalm, Parliament Buildings, Victoria, B.C. V8V 1X4 and Hon. Dave Parker, Minister of Forests & Lands, Parliament Buildings, Victoria, B.C. V8V 1X4.

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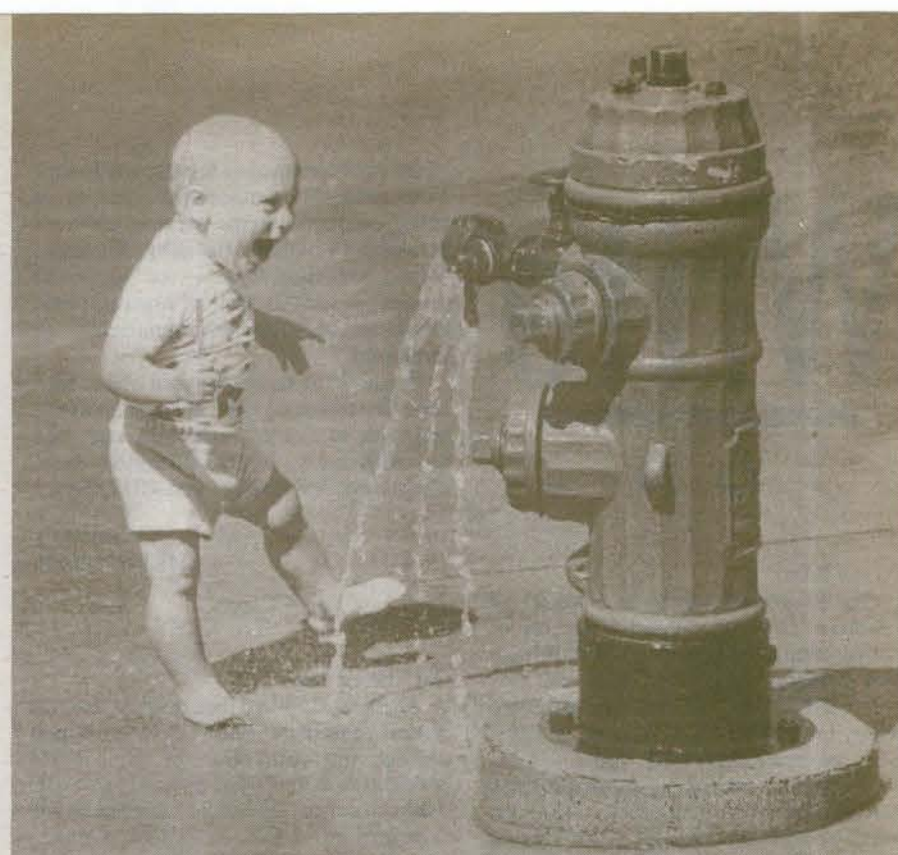
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Greg Kinch Photo

Continued from page 13

relax. You will still get the things done that you want to accomplish."

Well, probably someone is not going to say those things to us, but we can say them to ourselves. And we can mean it. When we commit ourselves to the child within, we will also be committing to put work in its healthy perspective.

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- Go swimming

- Dance
- Read a fiction book
- Listen to the trees rustle
- Write a letter
- Take a bath
- Play with your children
- Tell secrets with someone you love
- Watch a candle burn
- Pray
- Make love with your special partner
- Make homemade bread
- Build a birdhouse
- Look at old pictures
- Plan a party
- Go to a movie, eat popcorn and hold hands
- Play an instrument
- Sing
- Write down thoughts important to you
- Explore a new town
- People-watch
- Introduce yourself to three people
- Call an old friend
- Plant a garden or a flower pot
- Make presents and give them away during the course of a year.

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Sharon Wegscheider-Cruse is president of **ONSITE Training and Consulting Inc.**

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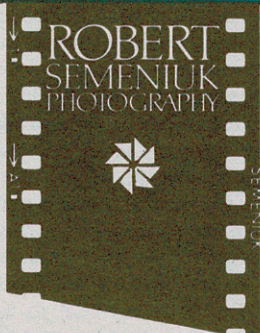
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Continued from page 54

health field is seen as a hologram of the existing addictive system. It is addictive in its need to control patients, in its fear of deep process work, its fear of working with a disease process, and of using goal setting as a controlling device. Also the restriction of touch or the use of touch to control, shuts off a client's process.

Thus the therapies of the medical and mental health systems are fostering co-dependency, preparing people to fit into an addictive society. They are perpetuating the addictive system, not healing people. Fear holds the addictive system together. To move toward recovery we must admit our society functions as an addict, then move beyond our participation in this disease process.

In part 3, Schaeff distinguishes process addictions from ingestive addictions. A system has roles, contents and processes. The addictive system is oriented to control, and focuses on contents and roles. However, processes are far more powerful than contents. The addictive process is based on promise, illusion, external referent, invalidation, dualism and looking to the future, not dealing with the present.

But the power of living process system is in seeing what we see, knowing that we know. The addictive system has a non living orientation, requiring us to relinquish identity, personal power, awareness and knowledge in order to belong. Truly alive people are perceived as direct threats.

The traditional seven deadly sins—pride, covetousness, lust, anger, gluttony, envy and sloth—are the very fabric of the addictive system. But both the church and psychotherapy use addictive processes in delivering their messages. The assumption of control, perceiving techniques as the healer, ignorance of addiction, treating isolated disorders, mistakes about developmental processes, all result in our healing systems perpetuating what they hope to help.

Recovery from co-addiction takes from 2 to 5 years for an individual. How long does it take for a system, asks Schaeff, or for society? Also, since recovery is a process, it is never an accomplished fact. How do we break through the denial of a whole system? Naming is the beginning, she states. Naming our reality is essential to recovery. Naming reclaims our power and the possibility of recovery. To reclaim our power, according to Alcoholics Anonymous, we

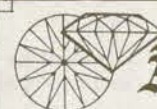
must admit our powerlessness over an addiction, and acknowledge the unmanageability of our lives. By aligning ourselves with a 12 step program like A.A., Narcotics Anonymous, Overeaters Anonymous, Gamblers Anonymous, Sex Addicts Anonymous or Adult Children of Alcoholics (and Dysfunctional Families) we can recover our feelings and challenge the addictive system.

This is the Great Cosmic Joke! proclaims Schaeff. Admitting the very addictions the system encourages to control us is the key that will set us free! The paradigm shift into a living process system will render the addictive system irrelevant. As individuals shift into a process system free of addictions, the hologram concept shows that the system will make a similar shift. An exciting possibility.

This amazing set of books will reorganize the thinking of the person who reads them. Thinking about the self, doing therapy and growth work and social action all become new and exciting again. Thank you Anne Wilson Schaeff and all the other recovering co-dependent professionals in the network!

Sharon Burrows is a counselling psychologist in private practice in Vancouver.

See Psychology, Therapy and Counselling Section and display ad below.



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Suggested Reading: Freedom From Addictions and Compulsions

When we researched the theme for this issue "Freedom & Addiction," it became clear that there were far more publications deserving to be reviewed than we had space for. So we compiled this suggested reading list to acknowledge those books and magazines.

BOOKS

Addiction to Perfection — *Marion Woodman*
Choices & Consequences: What to do When a Teenager Uses Alcohol/Drugs — *Dick Schaefer*
The Sacred Tree — *4 Worlds Development Project, University of Lethbridge*
Alcoholism & Spirituality — *Charles L. Whitfield*
Healing the Child Within — *Charles L. Whitfield*
Outgrowing the Pain — *Eliana Gil*
Chocolate to Morphine — *Andrew Weil, Winifred Roseu*
Fantasy Bond — *Robert F. Firestone*
Recoveries: True Stories by People Who Conquered Addiction & Compulsions — *Lindsey Hall, Leigh Cohn*
Home Away from Home: The Art of Self

Sabotage — *Janet Geringer Woititz*
The Family: A Revolutionary Way of Self-Discovery — *John Bradshaw*
Adult Children of Alcoholics — *Janet Geringer Woititz*
Twelve Steps for Everyone — *Comcare*
Struggle for Intimacy — *Janet Geringer Woititz*
Another Chance — *Sharon Wegscheider*
Choicemaking — *Sharon Wegscheider-Cruse*
It Will Never Happen to Me — *Claudia Black*
Repeat After Me (Workbook) — *Claudia Black*
Guide to Recovery — A Book for ACOAs — *Julie D. Bowden & Herbert L. Gravitz*
The Forgotten Children — *Margaret R. Cork*
Daily Affirmations for ACOAs — *Rokelle Lerner*
The Twelve Steps to Happiness — *Joe L. Klaas*
Co-Alcoholic, Para-Alcoholic — *Who's Who & What's the Difference — Jael Greenleaf*
Alcoholics Anonymous — Big Book — *AA World Service Inc.*
AA Twelve Steps and Twelve Traditions — *AA World Service Inc.*
Compassion & Self-Hate — *Theodore Rubin*
The Angry Book — *Theodore Rubin*
When Bad Things Happen to Good People — *Harold Kushner*
Focussing — *Eugene T. Gendlin, PhD.*

The Language of Feelings — *David Viscott*
Directory Substance Abuse Services in British Columbia — *Kaiser Substance Abuse Foundation; Ministry of Health, B.C.*
Adult Children: The Secret of Dysfunctional Families — *John Friel & Linda Friel*
Meditations & Inspirations — *Virginia Satir*
Intervention: How to Help Someone Who Doesn't Want Help — *Vernon Johnson*

COMPULSIVE EATING

Eating Awareness Training — *Groger*
Fat is a Feminist Issue — *Susie Orbach*
The Only Diet There Is — *Sondra Ray*
Owl was a Baker's Daughter (Anorexia & Bulimia) — *Marion Woodman*

CO-DEPENDENCE

Co-Dependency: An Emerging Issue — *U.S. Journal of Drug & Alcohol Dependency*
Co-Dependency Misunderstood/Mistreated — *Anne Wilson Schaefer*
Diagnosing & Treating Co-Dependency — *Timner L. Cermak MD*

FOR CHILDREN & TEENAGERS

Welcome Home: A Child's View of Alcoholism — *Judith A. Jance*
An Elephant in the Living Room. The Children's Book — *Jill M. Nastirs M.S., Marion H. Typpo PhD*
A Leader's Guide
Potato Chips For Breakfast (for teenagers) — *C. Scales*
Different Like Me: A Book for Teens Who Worry About Their Parents' Use of Alcohol/Drugs — *Evelyn Leite, Pamela Espeland*

MAGAZINES

Re Vision — Fall '87 "Spirituality, Alcoholism and Drug Abuse"
New Age — Feb. '88 theme on Workaholism
East West — Mar. '88 "Conquering Your Worst Vices"
Parabola — Summer '87 "Addiction"
Focus — on chemically dependent families
Changes — for and about adult children of alcoholics



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THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS

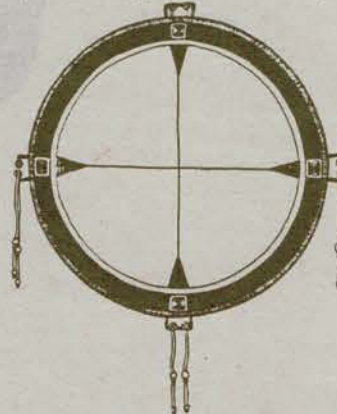
1. We admitted we were powerless over alcohol - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

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THE MEANING OF THE MEDICINE WHEEL

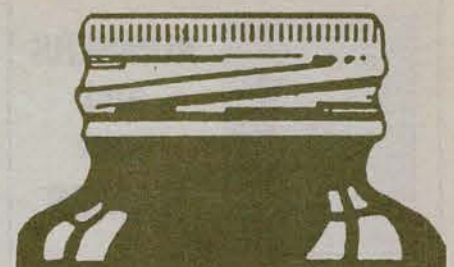
The ancient symbol of the medicine wheel is found in some form in the graphic art of nearly every tribe in North and South America. It is used as a metaphoric tool for explaining the various dimensions of human life and how they interact.

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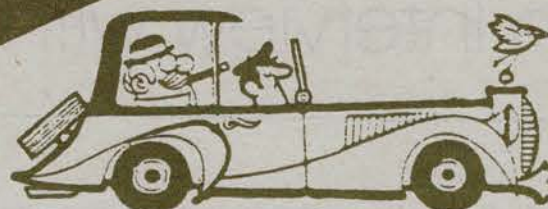
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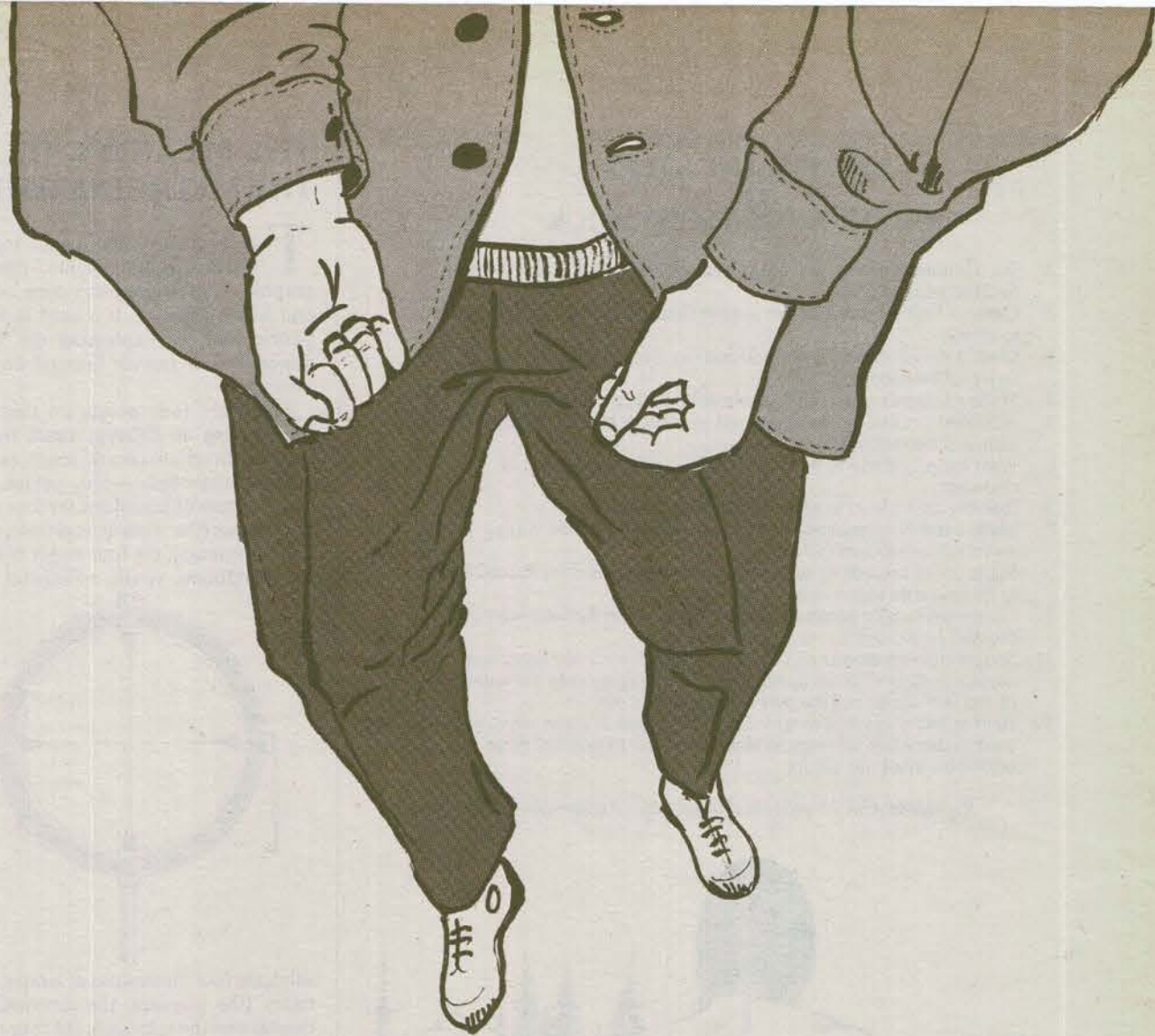
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That's not You in the mirror!

an Interview with Douglas Harding

Douglas Harding has been exploring his true nature, writing and leading workshops on his unique approach to spirituality for the past 40 years. On his latest stop in Vancouver this January, Sean Mills interviewed Douglas for Common Ground, focussing on the question of Freedom and Addiction.

To begin, some excerpts from the preface to Harding's new book, "The Little Book of Life and Death," by Ram Dass.

"He leads us deeper into the no-person land of Neti, Neti! (Not that, not that!) until we reach the point where we are... all and everything. The fact that his body is 79 years of age, he suggests, impels him on with a sense of urgency which, in the uncertainty of our times, is catchy. For he realizes that if he doesn't extricate himself from being somebody, before he dies, he will, in the words of Rumi, end up with an apartment in the city of death."

Common Ground: What would you say is the primary or the central thing that you try to point to?

Douglas Harding: I'll try a couple of viewpoints. I made a discovery which seemed to change my life and really made all the difference — and that is, I'm not

what I look like. I'm not, here at zero feet (pointing to himself), what I look like six feet away. If the difference between what I'm like to you there at six feet and what I am to myself here, is as great as it appears to be when I examine it honestly, then I've been living my life from an immense lie and that won't do.

I find that the difference between what I look like and what I am here is more than just a marginal difference. It's the very opposite in every way. I'm the opposite of what I look like. Here my reality is the opposite from what my appearance is; therefore, when I identify with my appearance and say that's me, I've lost my reality. I've traded it. I've traded what I am for what I look like, and that's terrible. That's murder. It's hell.

CG: So you would say this is a process of living with an illusion or false reality of a kind?

D.H.: That's where it starts. The real life is to get rid of that false reality and to come to the truth, and that has to be myself, as I experience myself here, not what I look like there. So now I look in the mirror and see what I'm not like.

You see, what my nature is, is freedom.

Now what does freedom mean? Freedom means it's not limited in any way. Now, this is total freedom here if I look here (again, pointing to himself). I mean, the specific freedom here is unlimited by anything — there's nothing here to be bound. This is free, absolute freedom. Total freedom.

CG: What creates the addiction to one's image? Why is one addicted to that?

D.H.: It's very interesting. I think one reason is that when you're little you fear being different. You must belong to a tribe, to the pack. To be thrown out and excluded from the tribe or whatever is terrible.

CG: So it's survival then.

D.H.: You believe anything. You take anything on board to be a member. I don't care what it is. You believe it, and what is the lie you take on — the lie is that your appearance is your reality.

CG: So what do you feel are the consequences, first of all, of this addiction, and the consequences of clearing it up?

D.H.: You find you draw all the resources you need from this unconditional place of not-knowing which is total freedom. But the little guy, the appearance, to which

I'm addicted called Douglas is absolutely guaranteed to make a muck of things if he can.

And so the whole business of life is to switch your trust from the little one in the mirror to the one here. And how reasonable to switch the trust, because this is what I am. This is what I look like (pointing to himself) to myself.

How do you get to see what I'm talking about, instead of understanding it? Well, you just look at what you're looking out of. The amazing thing is that I was told I was looking out of two little peep-holes in a meatball — and this little thing moved around in the world and I found all that is exactly the opposite of truth.

First of all, I'm not looking out of two little peep-holes in a meatball. It's one huge, huge great eye, a window. And the meatball's gone. The window doesn't have a frame. There's nobody looking out of the window, just the window, really. And I'm told this is opaque and actually it's totally transparent. I was told it was small, but it's vast. I was told it is very complex, and it's absolutely simple. I was told it moved around in the world, I see the world moves around in it.

So the extent of my delusion is astronomical.

CG: It seems it's the opposite of everything that we've been told.

D.H.: Absolutely. And I get addicted to lie, lie, lie, lies. Why am I so addicted to it is because I can see that I have to lie to be a member of this darn club. But you see, what you can do is to withdraw your subscription. You can still belong to the club, you can get all the benefits. You can just say I'm not going to pay the price of my true reality. You secretly withdraw.

Seeing what I'm talking about is the easiest thing in the world. All you need to do is be straightforward and obvious and attentive and turn your attention around 180 degrees from what you're looking at to what you're looking out of, and you make all these discoveries. And that turnabout of 180 degrees is the essential thing.

CG: You are speaking very literally here.

D.H.: Yes, actually I'm turning my finger around now towards myself. I'm turning my arm around 180 degrees, and I'm looking at what my finger's pointing at. And my finger is pointing at a space for the world to happen in. It's pointing at total transparency. It's pointing at something that is vast and not small.

CG: It's that simple.

D.H.: That simple. Even simpler. In other words, uncomplicated. You see, the essential things in the world are the simple. You can't come to rest with complexity. You can only come to rest in the simplicity. And this is absolutely simple. It's the only thing in the world that is absolutely simple is what I am.

It's awareness without a blemish, without a spot, without a speck. The world free of any limits of its own. And that's freedom. Here there is nothing to manipulate or be manipulated. It's the easiest thing in the world to see, if you're interested. Most of us are scared stiff to have a look.

Why? Because you think it's annihilation. Total disappearance from here. Total disappearance, and that's death. It really is death totally and the consequence of that is rebirth — one dies as a little thing in the world, which is a mistake anyway. And one is reborn as the whole world.

CG: Do you find that death scary, Douglas?

D.H.: Yes, I think we all do, and I think we have to keep coming into it — to be a

great joy. I think we all have a built-in terror of it, all of us. The only way to overcome it is to keep telling the truth, not lies. It's constantly coming back more to this spot (pointing to himself).

All you've got to do is to ask yourself what are you looking out of now. And you'll be turning your attention around 180 degrees from what you're looking at to what you're looking out of and you see you're not looking out of anything.

CG: That's freedom from everything, isn't it? That's freedom from life and death, it's freedom from time, it's freedom from all the restrictions or the limitations of the world of content and form and shape.

D.H.: Yes. The only freedom. The only freedom is to be who you are where you are now, and there is the freedom from it, you see. That is the freedom to be everything.

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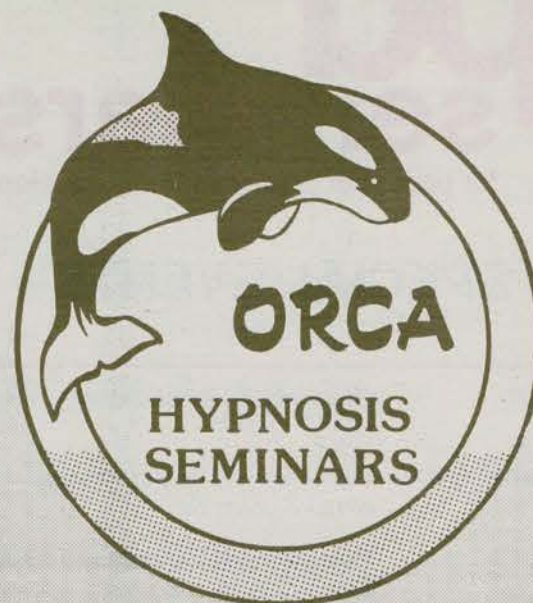
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(Jim Sellner)
April 1-3
June 17-19
Nov. 11-13

Of Special Interest To WOMEN

WOMEN'S SEXUALITY:
(Peggie Merlin & Joann Peterson)
April 14-17
June 25-28

WORKSHOP FOR WOMEN:
(Judy Sellner)
May 20-22
Oct. 28-30

IN SEARCH OF THE GODDESS:
(Karen Davies)
June 10 - 12

THE SELF AND MONEY:
(Kathy Templeton and Gail Farmer)
August 12 - 14

BODYWORK FOR WOMEN: (Louise Belisle & Shirley Ronner)
April 29 - May 1 November 18 - 21

RELIGIONS REVISITED

Jack Sproule & Leslie Pinder
Aug 14 - 17

IN RESIDENCE AT HAVEN:
ANN MORTIFEE

IN RESIDENCE DURING JULY
REPS

PD Seminars is an organization devoted to providing a responsible learning environment wherein people can discover ways to enhance the enjoyment and meaning of their lives. Embedded in a philosophy of responsive individualism, the workshops emphasize a freedom of choice, a search for human values that will foster both personal growth and concern for others, and an examination of untapped inner human resources. The prevailing atmosphere is one of safety, care, and a respect for individual privacy.

HAVEN by-the-sea is a beautiful refuge of lawn, evergreens, salal and ferns, embracing the waters of Taylor Bay on scenic Gabriola Island. Just minutes away from downtown Nanaimo by ferry, HAVEN offers the advantage of a country retreat that is readily accessible. Whether for workshops or simply for a relaxing retreat, you will enjoy the facilities of our motel, restaurant and conference centre.

But most of all, **HAVEN** is **people**.....you will like the warmth and acceptance of the people of **HAVEN** who will aspire to make your stay both enjoyable and memorable! At selected times, programs offered by **PD Seminars** provide a unique opportunity for personal education while treating yourself to the seaside life.

- CALENDAR AT A GLANCE -

			FEE (per person) (incl. rm/bd)	
Mar 19	-	Mar 29	VIRGINIA SATIR: PEACE WITHIN, BETWEEN, AMONG	1800
Mar 25	-	Mar 27	What Is your Symptom Saying? (Peter/Heather Nunn)	295
Mar 30	-	Apr 24	PHASE I (WONG/McKEEN)	2300
Apr 1	-	Apr 3	Today's Man (Jim Sellner)	295
Apr 8	-	Apr 13	Come Alive (Peterson/Belisle/Fraser)	475
Apr 14	-	Apr 17	Women's Sexuality (Peterson/Merlin)	300
Apr 22	-	Apr 24	Couples' Workshop (Sellners/Mainwaring/Cable)	295
Apr 24	-	May 19	PHASE II (WONG/McKEEN)	2300
Apr 29			Forgiveness (Bauers)	60 x
Apr 29	-	May 1	Stress and Coping: Physicians and Spouses (Bauers)	320
Apr 29	-	May 1	Body Work for Women (Belisle/Ronner)	250
Apr 29	-	May 1	Body Work for Men (Glock/Fraser)	250
May 1	-	May 7	Sex and Identity (Wong/McKeen/Peterson)	535
May 8	-	May 13	Coming Alive Through Video (Wong/McKeen)	475
May 13	-	May 16	Relationships (Wong/McKeen)	250
May 20	-	May 22	Workshop For Women (Judy Sellner)	295
May 20	-	May 25	Come Alive (Wong/McKeen/Peterson)	475
Jun 10	-	Jun 12	Authentic Movement (Fallis)	200
Jun 10	-	Jun 12	In Search of the Goddess (Davies)	180
Jun 10	-	Jun 12	Couples' Workshop (Sellners/Mainwaring/Cable)	295
Jun 12	-	Jun 18	Meeting the Challenge Through Song (Ann Mortifee)	550
Jun 17	-	Jun 19	Today's Man (Jim Sellner)	295
Jun 17	-	Jun 19	Writing From the Heart (Littleton)	175
Jun 20	-	Jun 25	GESTALT THERAPY TRAINING (POLSTERS)	1200
Jun 24	-	Jun 26	Conflict Resolution For Couples (Belisle/Fraser)	200
Jun 26	-	Jul 1	Come Alive (Wong/McKeen/Peterson)	475
Jun 27	-	Jun 30	Holistic Health and Healing Energies (Best/Miller)	270
Jul 1	-	Jul 5	Dance and Games for Kids (Denise Gray)	130 x++
Jul 2	&	Jul 5	Through Parent's Eyes (Peterson)	100 x++
Jul 1	-	Jul 3	Between The Sexes (Sellners)	295
Jul 3	-	Jul 28	NEW HORIZONS (WONG/McKEEN)	2300
Jul 6	-	Jul 26	FROM THE INSIDE OUT: SELF AND OTHER SYSTEMS (DUHL)	2750
Jul 8	-	Jul 10	Psychology of Art: East and West (Robert Burns)	220
Jul 15	-	Jul 17	In Midlife: Men and Women Coming of Age (Sullivan)	220
Jul 31	-	Aug 6	Special Retreat (Driessen/Dillard)	650
Aug 1	-	Aug 26	THE EXPANSIVE SELF: PHASE IV (FACULTY)	2300
Aug 2	-	Aug 4	Self-Concept (Merlin)	220
Aug 4	-	Aug 6	Self-Discovery Through Drama (Grainge/Pinder)	220
Aug 5	-	Aug 7	Awaken to Your Dreams (Sellners)	295
Aug 6	-	Aug 8	The Body and Energy (Belisle/Fraser)	220
Aug 8	-	Aug 10	Experiencing Issues of Meaning (Sproule)	220
Aug 8	-	Aug 12	Reality Therapy Basic Training (Brierley)	550
Aug 10	-	Aug 12	Expressive Movement and Dance (Fidelman)	220
Aug 12	-	Aug 14	Between Parent and Teen (Peterson/Fraser)	200
Aug 12	-	Aug 14	The Self And Money (Templeton/Farmer)	220
Aug 14	-	Aug 17	Religion Revisited (Sproule/Pinder)	270
Aug 16	-	Aug 18	Journal Writing (Caplan)	220
Aug 18	-	Aug 20	Through the Spider Web (Ott)	220
Aug 19	-	Aug 22	Sing Your Way to Your Self: Singshop (Groobman)	285
Aug 20	-	Aug 22	Creative Touch (Shaw)	220
Aug 22	-	Aug 24	Integration: A Creative Mosaic (Glock/Ronner)	220
Aug 25	-	Aug 28	Women's Sexuality (Merlin/Peterson)	300
Aug 26	-	Sep 5	BEING - TOGETHER (GLOCK/RONNER/BELISLE/FRASER)	1000
Aug 28	-	Sep 2	Come Alive (Wong/McKeen/Peterson)	475
Sep 2	-	Sep 7	Never Too Late for Happy Childhood (Mortifee/Ott)	475
Sep 8	-	Oct 3	PHASE I (WONG/McKEEN)	2300
Sep 9	-	Sep 11	It Only Hurts When I Laugh: Humour (Belisle/Fraser)	200
Sep 27	-	Oct 2	Come Alive (Peterson/Belisle/Fraser)	475
Oct 2	-	Oct 7	More Alive (Belisle/Fraser)	475
Oct 3	-	Oct 28	PHASE II (WONG/McKEEN)	2300
Oct 8	-	Oct 14	Sex and Identity (Wong/McKeen/Peterson)	535
Oct 14	-	Oct 16	Couples' Workshop (Sellners/Mainwaring/Cable)	295
Oct 16	-	Oct 21	Coming Alive Through Video (Wong/McKeen)	475
Oct 21	-	Oct 24	Relationships (Wong/McKeen)	250
Oct 28	-	Oct 30	Workshop For Women (Judy Sellner)	295
Oct 28	-	Oct 30	Improv Your Life (Grainge)	200
Oct 30	-	Nov 9	VIRGINIA SATIR: PEACE WITHIN, BETWEEN, AMONG	1800
Nov 4	-	Nov 6	Adventures in Wonderland (Anderson/Caplan/Fidelman)	180
Nov 9	-	Nov 14	Come Alive (Wong/McKeen/Peterson)	475
Nov 11	-	Nov 13	Today's Man (Jim Sellner)	295
Nov 18	-	Nov 20	Journey Into the Soul (Davies)	180
Nov 18	-	Nov 21	Body Work for Women (Belisle/Ronner)	325
Nov 18	-	Nov 21	Body Work for Men (Glock/Fraser)	325
Dec 2	-	Dec 4	Couples' Workshop (Sellners/Mainwaring/Cable)	295
Dec 2	-	Dec 7	Come Alive (Peterson/Belisle/Fraser)	475
Dec 28	-	Jan 1	Reflections (Wong/McKeen/Grainge/Pinder)	280

x fee is for session only

++ family rates available